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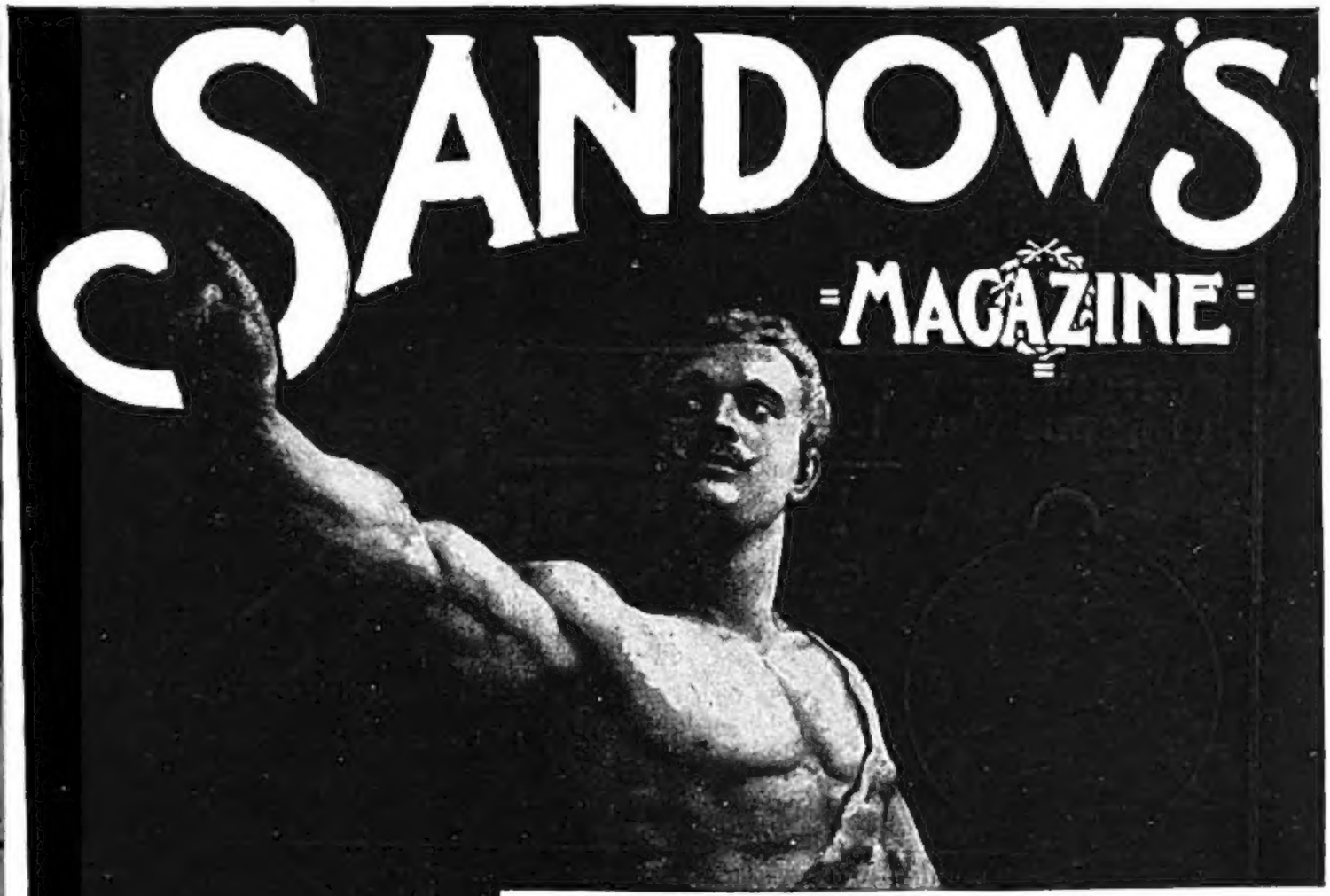

CONTENTS.

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Fen Skating. By A FENMAN.

Physique in the Black Country. By ERNEST RICHARDS.

The 20th Century League. By S. MORTON.

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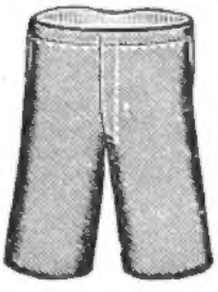

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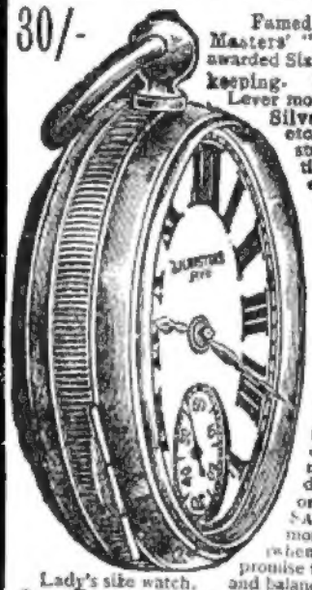

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THE MAN BEAUTIFUL.

BEAUTY has so long been considered an attribute exclusively pertaining to women, that the mere man may ask himself why among us moderns the Greek ideal is not as much in force as regards his own sex as it is with regard to the so-called fair sex. It has been argued, and with much show of reason, by philosophers, that man is inherently as beautiful as woman, both in form and face, the difference being one of kind, not degree. Owing to the stress of modern life, however, men have come to neglect their personal appearance, but this is a great mistake, not only from a social, but also from a business point of view, for first impressions are often the most important, and it is just as necessary for a man to give the best possible first impression by his personal appearance as it is for him to be neatly and fashionably dressed. These remarks apply more especially to defects of the face, which may either be absolutely repulsive, or at any rate give an unfavourable first impression. For example, redness of the nose, which may arise from quite a variety of causes having to do with the general health, is always put down by the unkind as an attribute of the tippler. Eyebrows which meet across the forehead give an exceedingly disagreeable impression, and are thought to be a sign of ill-temper. An ugly mole may mar even the most handsome face, and a birthmark is a hindrance to a man as well as a woman in the matrimonial market as well as socially, for people do not like to receive among their guests anyone who is repulsively disfigured, and I know of at least one man who shot himself because he could not bear to go about with a face one side of which was almost covered by a large port-wine stain.

Medical men are apt not to pay sufficient attention to mere matters of the personal appearance, which do not affect the health of the individual, and it has been left for a lady to take up a branch of science which has too long been neglected. This lady is extremely well known to the reading public as a high authority on health and beauty, and the clever editress of two very popular magazines, *Womanhood:* the magazine of woman's progress and interests, and *Baby: The Mother's Magazine*, a guide to the health and education of children. Mrs. Ballin has been in practice for upwards of twelve years, during which time she has cured over ten thousand cases of superfluous hair, redness of the nose, vein marks, moles, birthmarks, and other disfigurements in both sexes, and it is now becoming known that she devotes special care to gentlemen patients, so many of her lady patients having asked her to treat their husbands or sons. She treats men only for defects of the hair, face, and hands, such for example, as baldness, greyness, ill-shaped eyebrows, hair growing too high on the cheeks, acne, redness of the nose, moles, warts, and birthmarks.

Mrs. Ballin is particularly successful in severe cases of that birthmark known as port-wine stain, and in a recent interview she mentioned the case of an M.D. of the London University who, owing to a terrible disfigurement of this kind, was unable to get any but a poor practice in a poor neighbourhood. Mrs. Ballin entirely removed the mark, and he has now bought a West End practice in London and is doing remarkably well. In another case, a schoolmaster was nearly driven mad by the fact that he had a large mole on the tip of his nose, which afforded considerable amusement to his boys. After the mole was removed by this lady he became a happier man and able to obtain a better position. An amusing case treated by Mrs. Ballin was that of a gentleman who had very thick bushy eyebrows, and was extremely sensitive about them. Before proposing to the lady of his heart, he confided his trouble to Mrs. Ballin's sympathetic ears, and got his eyebrows re-modelled on a more approved plan. In another case a gentleman had a very ugly moustache, but having suicidal tendencies, was not permitted to use a razor. He was brought to Mrs. Ballin by his attendant, and the moustache removed by electrolysis, very much to the unfortunate man's satisfaction.

The majority of Mrs. Ballin's gentlemen patients, however, come to her for redness of the nose, and this she is able to treat most satisfactorily, partly by electrolysis, partly by dieting and by suitable local applications. An interesting case was that of a temperance lecturer, much hampered in his work by the knowledge that the persons he was addressing probably thought him a secret tippler; while another successful case was that of quite a young man who had been suffering from red nose, originally arising after an attack of scarlet fever. Being wealthy he had consulted almost every well known skin doctor in Paris and London, but was eventually cured by Mrs. Ballin after only twelve sittings.

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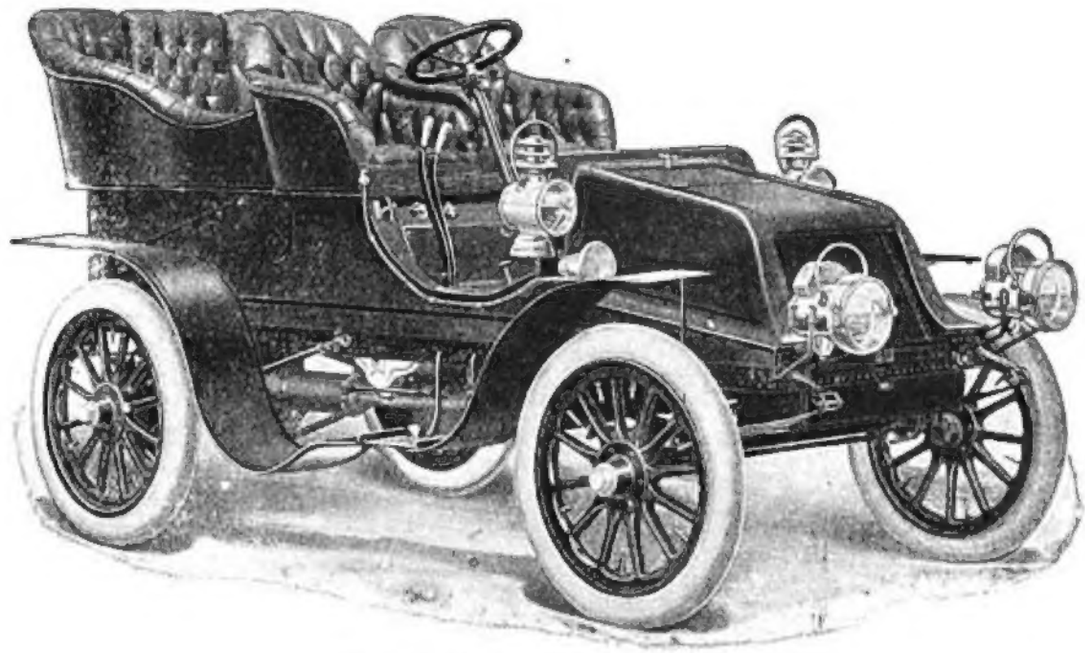

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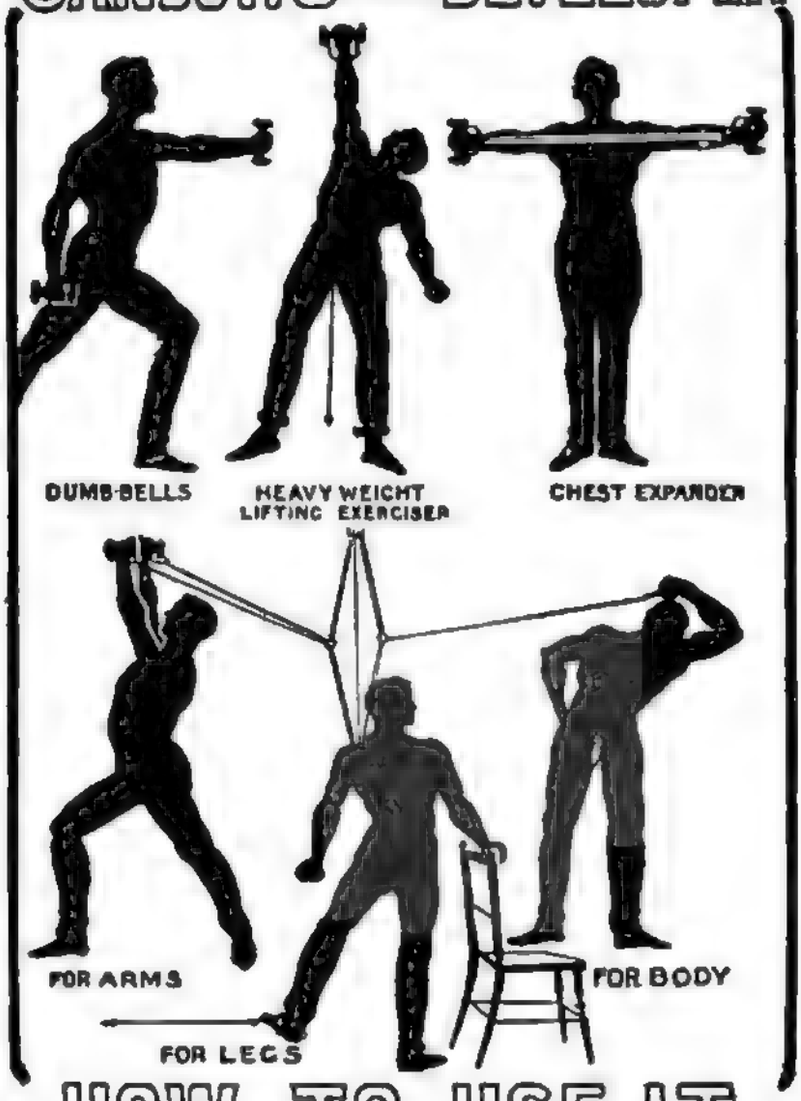

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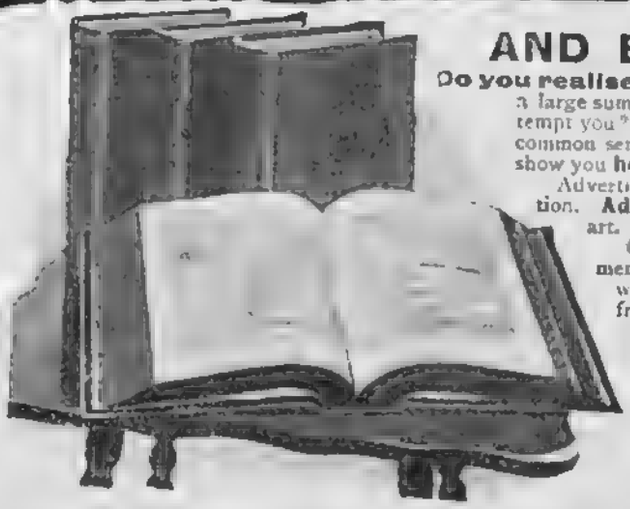

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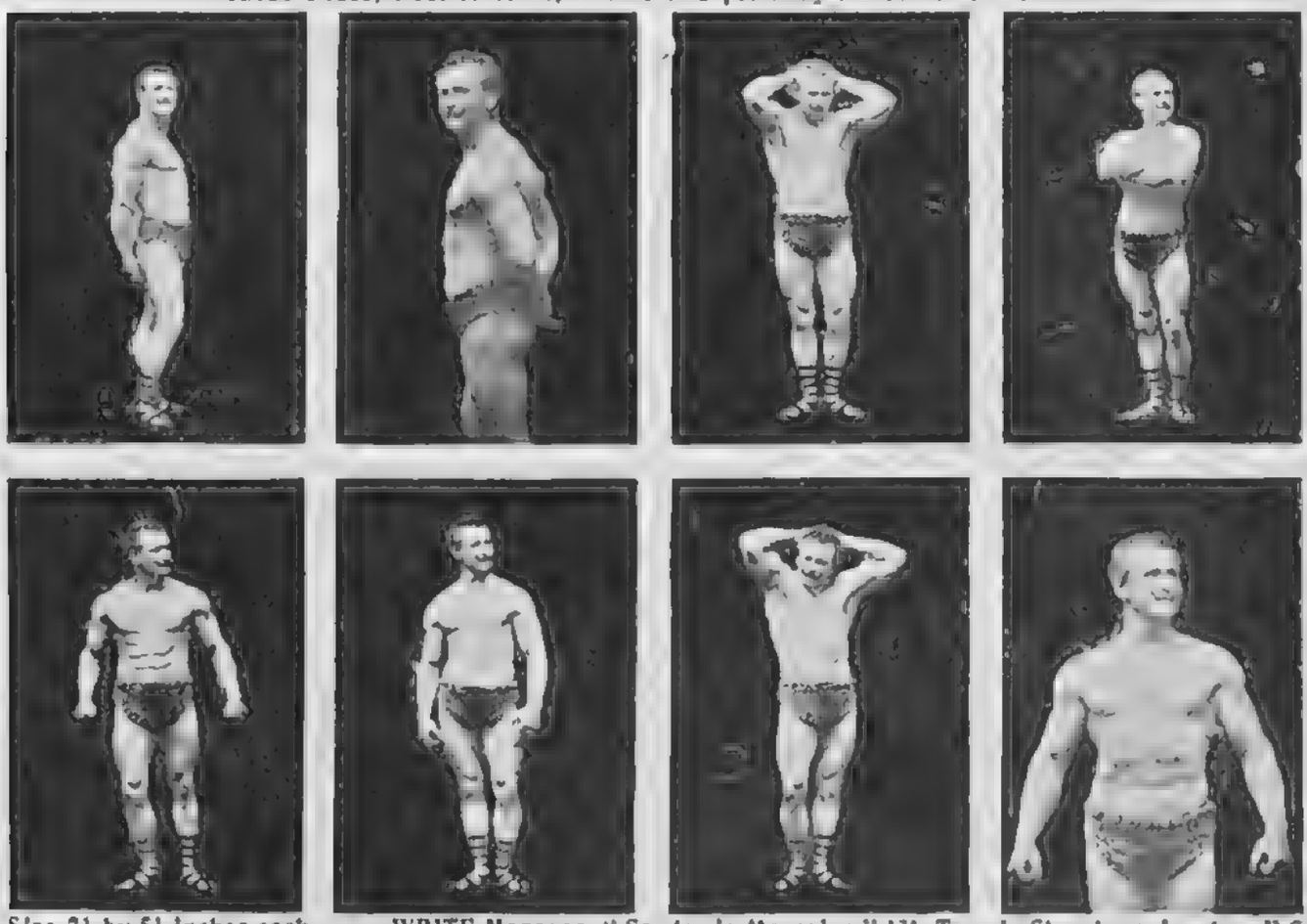

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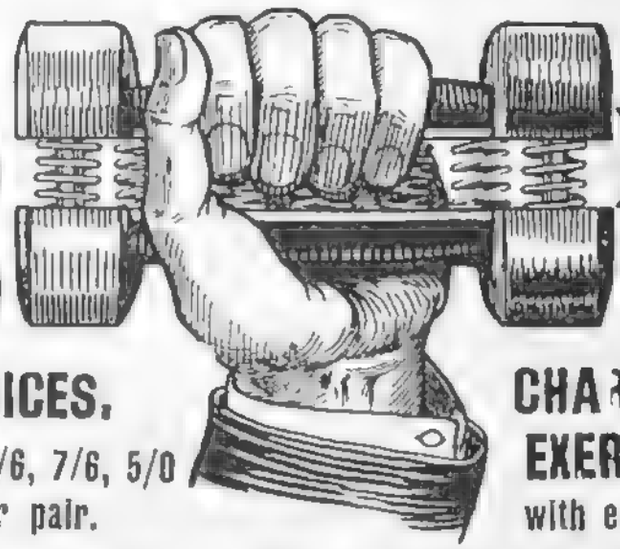

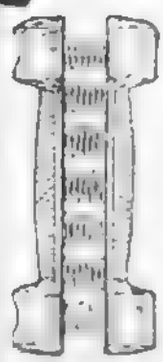

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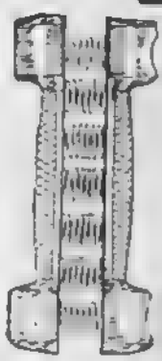
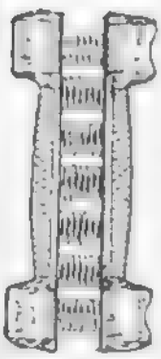
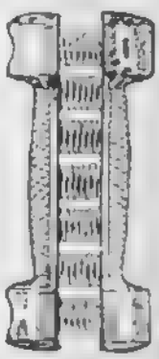


THIS APPLIANCE IS VERY SIMPLE, and cannot go out of order. It consists of a Dumb-bell made in two halves, separated about 1 inch from one another, the intervening space being occupied by small steel springs, which may be of any strength, and easily removable to vary the resistance.

When exercising, the springs are compressed by gripping the Bells, and bringing the two halves close together, in which position they are kept until the exercise is over. They are suitable for all ages.



The pupil who possesses these Bells will find that instead of having to be continually buying heavier Dumb-bells, **ONE PAIR WILL SUFFICE HIM FOR ALL TIME.** All that it will be necessary for him to do will be to purchase, at a small expense, new springs from time to time. All pupils are advised to use the **"GRIP" DUMB-BELL**, upon the merits of which I need not enlarge.



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Yours faithfully,

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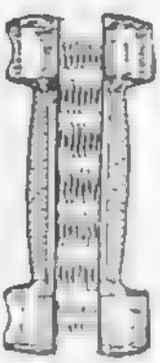

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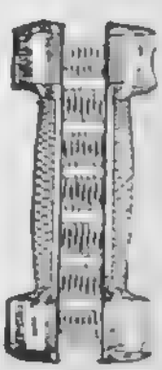

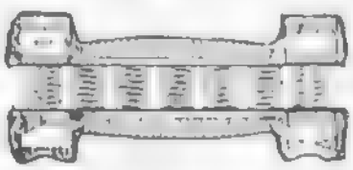

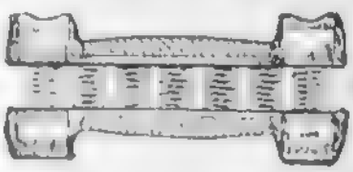

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Fresh copy for advertisements must be sent in before the 15*th of this month.*

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No. 78. **Volume XIII.**

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SANDOW'S MAGAZINE.

CONTENTS FOR DECEMBER, 1904.

		Page.
A CHRISTMAS SCENE IN NORWAY—SKI JUMPING		Frontispiece.
OUR NEW DEPARTURE FOR 1905	Eugen Sandow	385
PHYSIQUE IN THE BLACK COUNTRY. III. CRADLEY AND TIPTON *Illustrated.*	Ernest Richards	387
THE TREATMENT OF RUPTURE	A. C. Nicholl	396
THE ENGLISH GIRL. FROM AN AMERICAN POINT OF VIEW		398
WOMAN'S FUTURE		399
THE TWENTIETH CENTURY LEAGUE *Illustrated.*	S. Morton	400
DETERIORATION AND TEMPERANCE		404
CLUB NOTES FROM HOME AND ABROAD *Illustrated.*		406
CRICKET IN THE WINTER		409
FEN SKATERS *Illustrated.*	A Fenman	410
RESULTS OF PHYSICAL CULTURE		415
NATIONAL PHYSIQUE		418
PICTURES IN HUMAN FRAMES. AN INTERVIEW WITH MR. ALFRED SOUTH. *Illustrated*	Algernon Clifford	419
SPORTING PATENTS		424
PHYSICAL EDUCATION AND SCHOOL GAMES		426
ARE ATHLETES THE BEST SCHOLARS		428
REVIEWS		429
NOTES OF THE MONTH		431
THE USES OF SKI AND SNOWSHOES *Illustrated.*		439
OUR LADIES' PAGES	Felicia Wilkins	442
HINTS FROM SANDOW		445
PHYSIQUE VALSE (MUSIC)	F. Neville Piggott	449

WITH COMPLETE INDEX.

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Photo., R. Thirsk, Christiania, Norway.]

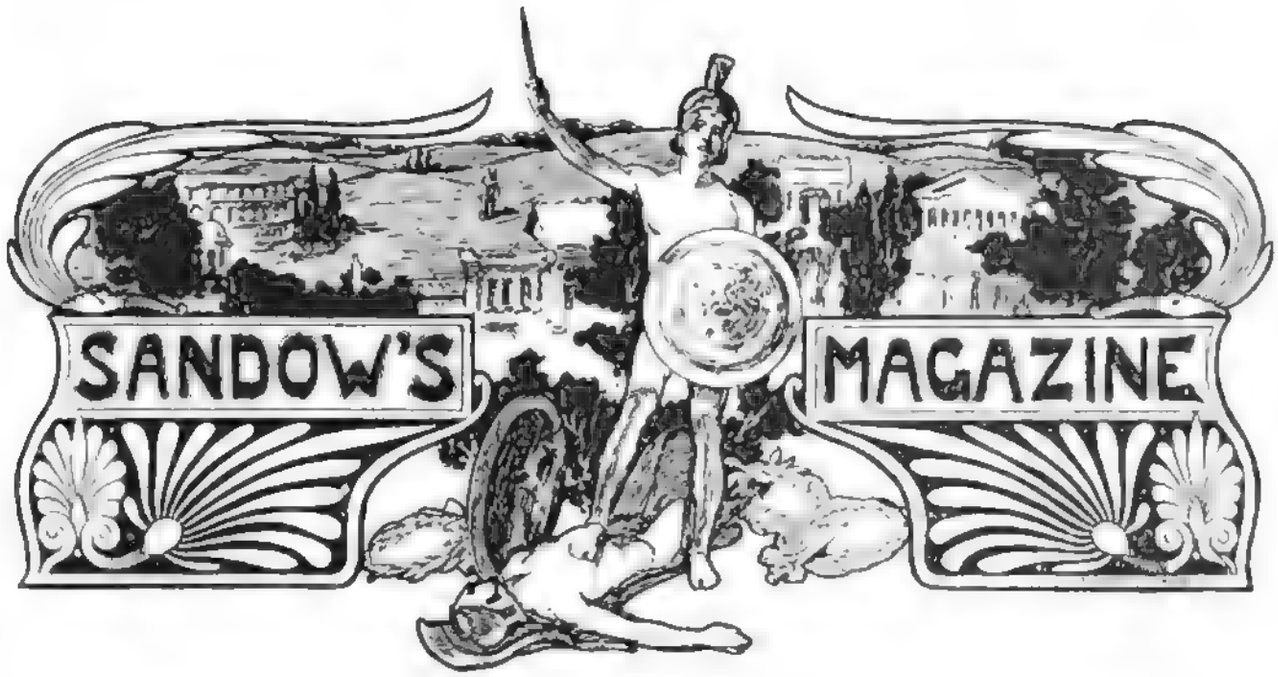
FINALISTS IN WORLD'S CHAMPIONSHIP, CHRISTIANIA, 1904.

Sinnerud (1). Mathisen (2).

Photo., Richard Thiel, Christiania.]

A CHRISTMAS SCENE IN NORWAY—SKI JUMPING.

A view of the annual Norwegian Skeeing Competitions at Holmenkollen near Christiania. Starting at the top of the course the competitors take a cliff from the platform shown with railing, in the centre, the jumps varying from eighty to one hundred feet in length.



OF

PHYSICAL CULTURE, SPORT, AND FICTION.

VOL. XIII. *DECEMBER*, 1904. No. 78.

Our New Departure for 1905.

IT has always been a source of considerable satisfaction to me to be able to say, that in matters concerning physical culture in general in this country, I can, without fear of contradiction, claim to have been the first to give such prominence as it now has to the necessity for the better care of the body. For years past I have been urging the necessity of organised physical training under State control, and now my efforts are bearing fruit. Just as much as I am able to claim to have been the leader of the physical culture movement, so I can claim to have been the pioneer of physical culture literature. When I started this magazine in July, 1898, it was the only one of its kind in this country, but since then it has found many imitators.

But just as much as this was the first magazine devoted to the all important question of health and strength, so it behoves me to keep abreast with the times, and taking into consideration the immense importance of the subject and the great interest which is now being taken therein, I have determined to take a bold step, and from the first of next month SANDOW'S MAGAZINE OF PHYSICAL CULTURE AND SPORT will be issued as a *weekly magazine*. It was only after most careful consideration, and the great pressure brought to bear upon me by many influential people in the cause of physical culture, that I determined to take this step. I realise, however, that the subject is day by day becoming a more important one, and that some medium

appearing at more frequent intervals than a month is urgently needed, and, therefore, I have great pleasure in announcing SANDOW'S MAGAZINE as the first *weekly* journal devoted to the great cause of physical culture *in the world.*

As my readers will, no doubt, realise, this change must necessarily mean considerable outlay, and in return for giving you the best of everything in the various departments covered by the title of the magazine, I ask for your generous support to enable me to carry out the great work which it has always been my aim to accomplish—a national system of physical culture. Full particulars of the innovation will be found in another part of the magazine, so that there is no necessity for me to go further into the details of the great scheme which, I feel sure, will supply a most pressing need, except to say that some of the best known writers on medical, physical, and sporting subjects will contribute to our pages. Current topics on sport will find a place, with a view to appealing to those who, in my mind, will find physical culture most useful to them in following their pursuits. The mention of sport also brings me to another question raised by an esteemed correspondent. Referring to an article which appeared last month on motoring by Mr. F. Neville Piggott, my correspondent desires to know why we devote space to sport, and what motoring has to do with physical culture. To him let me reply: A very great deal. I am an ardent motorist myself, and others as keen on the sport or pastime, whichever you please to term it, will bear me out that a sound physique (without which strength of nerve is impossible) is absolutely necessary. Those who take part in extended runs or motor races know full well the huge strain it is upon their physical condition, and although, without their permission, I cannot publish names, I may say that several of our leading lights in the motor world are, at the present time, pupils at my schools, getting their bodies into a fit condition to withstand the strain. I trust that this explanation will be satisfactory to my correspondent and also to any others who are inclined to follow his line of argument.

To return once more to the subject of our weekly issue. It will be our endeavour to make it the best that can be obtained for the money by supplying you with the best advice by the best authorities; and further, in order to ensure prompt delivery, the publishing will be under my immediate supervision, and I hope by this means I shall be able to give complete satisfaction to all.

As this will be the last chance I shall have of getting in touch with my readers this year, I take the opportunity of wishing you all prosperity and happiness during the coming New Year, and inscribe myself,

Yours in Health and Strength,

SCIENTIFIC, systematic, muscular exercise should bring about the following results:—It should assist the circulation, digestion, assimilation, and excretion. It should produce better health, greater strength, and longer life; it should stimulate and allow regular deep breathing; should agitate the abdominal organs, induce perspiration, and demand immediate results. Exercise must induce sleep, not wakefulness: must produce a feeling of fatigue, but not exhaustion, and gradually produce a normal appetite.

Photo., C. F. Everitt, Cradley Heath.]

INDUSTRY AND DOMESTIC DUTIES COMBINED.

Physique in the Black Country.

III—CRADLEY AND TIPTON.

By ERNEST RICHARDS.

AFTER years of residence in the Black Country, during which time I have had splendid opportunities of studying the various phases of life, it has gradually dawned upon my understanding that certain classes of industries are capable of almost geographical and topographical definition, or at least are limited, in the main, to certain areas.

In this connection it is a remarkable fact, and one that I do not remember to have seen noted by any other writer on Black Country topics, that the range of hills which divides the basin of the Severn from the basin of the Trent is also the dividing line between certain groups of industries. The manufacture of chains, shipping tackle, and nails and glass is almost wholly confined to the valley of the Stour—a river which feeds the Severn; and the manufacture of tubes, bolts and nuts, locks and keys, and other articles for the engineering and allied trades, is chiefly fostered in the valley of the Tame—a tributary which feeds the Trent. Or, in other words, the Stour Valley has promoted and maintained, with the addition of glass blowing, those industries which are more apparently vital to the building of the ships, whilst the Tame Valley has developed the industries which chiefly cater for the requirements of the engine and machine builder, the farmer, and the householder. No one can write these statements without having regard to certain exceptions—as, for instance, bolts and nuts, which are used in every sort of structure.

Why industries should thus be, or how they come to be, defined and divided by a natural watershed is a problem or a process which it is not the purpose of this article to solve or to describe, but the student of industrial economy and the history of industry will find an almost virgin field to explore and survey, and an interesting task which shall occupy his best efforts for a decade ere he has solved the problem and discovered the whole reason for this geographical and topographical definition of trades. In the meantime we must accept the facts as they stand, and proceed to describe the work and workers in such a manner that both will be interesting to the average reader.

Much as the old has given place to the new, yet the system of manufacturing the smaller chains by means of the oliver and dolly is by no means obsolete, and is likely to remain in vogue for a large number of years to come; nor is the feminine gender on the eve of extinction from this section of industry, notwithstanding the numerous articles which have been penned, with the

best of intentions no doubt, on the evils arising from female labour in this particular form.

I write the phrase, "with the best of intentions," advisedly, because the evil has been so frequently stated from one point of view, and the real evils of female labour in generations past have been frequently dragged in—especially by mere impressionists—to prove the "horrors" of female labour in the present, and, to say the least, only one side of the picture has been presented—a picture, or rather caricature, which depicts the woman of even the present decade as the absolute victim of some stern economic law that drives her to uncongenial slavish tasks against her will, or at least kept her at the chain hardy with but Hobson's choice. That necessity is a factor I am prepared to admit, and shall presently demonstrate, though it is not by any means the stern necessity which some writers have depicted, nor the necessity arising from the avaricious greed of unscrupulous capitalists, which is the favourite bogey of other writers, for I shall prove that choice, on the part of the woman, governed and ed ıcated by certain conditions, also plays a prominent part in the female labour question of the Black Country. I want emphatically to affirm here that my statements must not be construed as equivalent to an advocacy of the continuance of the woman worker in these fields, but rather do I emphasise the desirability of removing the sex from the factories entirely. Though in the meantime I do wish, as far as I can, to pen the truth.

Photo., C. F. Everitt, Cradley Heath.]

A SPARTAN MOTHER—WOMEN CHAINMAKERS OF CRADLEY HEATH.

Dealing first with the question of choice: many of the women chainworkers, either from force of habit, hereditary instinct or environment, prefer to add grist to the mill by making small dolly chains, even though their husbands are well-paid workers at one of the larger chain works, and being thus accustomed to make or earn good money; one woman told the writer that she would bring her daughter up to the "dolly" in preference to sending her into domestic service. No doubt the question of domestic economy, or at least her view of it, had something to do with her decision in this particular instance, for she clenched her argument in the broad Black Country dialect of the Stour Valley by stating "It taks all they gettin' at sarvice to put cloaes (clothes) on the' backs, and when yo'n 'ad all the modgin (trouble of rearing) wi' 'um, yo wantin' a bit out on 'em when they gettin' as they can doo a bit o' work."

In many instances, of course, the woman worker is not necessarily the wife of a well-paid artisan, although she may be the wife of a poorly-paid one, and the mother of a large family at the same time, hence her entry or continuance in the world of actual chainmakers is a practical economic necessity, and

MAN MAKING SMALL CHAINS.

the desire to get more financial help from her daughters than she feels convinced would be the case were they in service, must be frequently judged as prompted by the same necessity. It may be that the mother entertains an erroneous impression. In fact, judged with regard to all the factors in the case, she no doubt does; but women with limited incomes and many mouths to feed, and themselves bred in an atmosphere of "manual" labour, added to hereditary tendencies already mentioned, cannot be expected to overlook the possibility of immediate increase by neglecting the "dolly" themselves, or neglecting to educate their daughters to its use, in favour of acquiring a possible refinement which they have never been taught to appreciate. Nor can they be expected to regard it with the same frowns as the ladies whose life is one long, indulgent dream of luxury, or whose only possible sphere of mental and bodily activity is in the pursuit of pleasure or philanthropy. Again I repeat that I make no plea for the system or economic condition which

CHAIN SMITHS SIDE WELDING A CABLE.

Photos., Chas. F. Everitt, Cradley Heath.]

SIDE WELDING.

induces women to work at trades of this kind, but I do plead for a little charity towards the mother who naturally seeks for herself and daughter, as a means of increasing her larder, work which superior educational opportunities might naturally have taught her, or made it possible for her, to avoid. Nor do I wish to underrate the evils, both actual and possible, arising from female labour of this kind, but merely to ask the agitator to give a picture with less odious caricatures than the one he usually pens for the public eye. My knowledge of the chain trade, as such, in the Black Country, is fairly complete, and of the lives of the

people in many instances very thorough and accurate, but I must confess to a somewhat limited knowledge of the trade relations of the women chain-workers, but as far as my experience goes, which, after all, is far greater than many who have written on the subject, I have met but few cases of real hardship, and some who even prosecuted it as much from choice as necessity. At the same time there may have been great hardships in the past, and no doubt some instances of this nature still exist, and I am sure that woman is out of her sphere in the working of iron, but whilst it lasts let us tell the truth about the system—much as we deplore it. In any case, women workers in chains and nails are like most institutions of long and solid growth, very difficult to eradicate. The following is a brief description, as accurate as I can make it, of a woman chain-worker and her methods of prosecuting her industry.

Most of the women chain-makers are outworkers for larger firms, and perform their tasks in small shops situated in their back yards, and they therefore contrive to make a working compromise between domestic duties and the making of chains. It is no unusual sound to hear the chuckle of the baby, swinging from a rafter of the shop in a home-made cradle, mingle with the tap! tap! tap! of hammer or dolly, as link after link is welded by the industrious mother; nor yet is it uncommon to hear the infant yell discord with the clanking hardy or roaring bellows. Occasionally this division of domestic with "manual" labour necessitates a holiday in the workshop in favour of washing or baking, and the good woman in the illustration asked the writer not to send the photographer on Monday because her works would be closed for the purpose of enabling her to do her washing.

The process of making small chains in the shops described above is very simple. From a piece of round iron, heated in the fire, a short, hot piece is cut the required length. This is then turned over to a U-shape and welded on the stake, and the weld is then dollied or rounded off. Link after link is welded in this manner until the chain is complete.

It is natural not to expect the essence of refinement from the women chain-makers, who, by the way, are gradually decreasing, but judged from a physical standpoint they are a fine race, possessing and preserving splendid complexions without the aid of powder, contributing little to the class of disease-stricken women which are the product of an artificial civilisation; and though somewhat large-handed and large-limbed, the chain-making women are by no means ungraceful, whilst the way they handle their husbands and brothers on ha-ving (heaving) day (Eastertide) is proof of their muscular strength. I may draw many comparisons in their favour with regard to sexual matters, but the delicacy of the subject suggests that silence will be more discreet.

It is only human to suppose that such Spartan women possess Spartan husbands and fathers, and, indeed, the chain and anchor smiths of Cradley Heath, Tipton, and the district are a Spartan race, and they represent, in the opinion of a large number of competent judges, the finest all-round physical manhood which the industries of the Black Country produce. Before enlarging at this point, however, I will describe the method of making large cable chains and various kinds of anchors—again promising to avoid the pitfall of technicalities.

With regard to the chains whose size is between the small cable and the dolly chains, the above description need only be varied by stating that in place of a dolly the men use an oliver or forge very similar to the one used by the Darlaston nut and bolt forgers, and the resemblance between oliver chain-making and dolly chainmaking is so near that no description is necessary in an article of this nature. I will therefore pass on to describe the cable chainmaking.

Cable chains for ships are made to withstand four tests—the Admiralty, Lloyd's, the

Bureau Veritas, Germanischer Lloyds, and in order to ensure this desideratum, the links are cut from specially selected iron of the very best quality. The smaller links are bent to a U-shape and scarfed with the hammer at the ends and then end welded. In order, however, to ensure a good weld and a perfect link in the larger sizes, they are first bent and scarfed by machinery and then welded on the side in the manner very clearly illustrated in the photograph, taken with others by permission of Messrs. R. Sykes & Sons, Limited, Cradley.

Each link is made to a standard size in order that it may fit the ratchet-like groove of the ship's windlass, and the studs are let in when the chain is hot, so that the contracting links may grip it securely when cold; and it may interest the reader to know that the average ship's cable consists of 270 fathoms of these links, with a shackle at every fifteen fathoms.

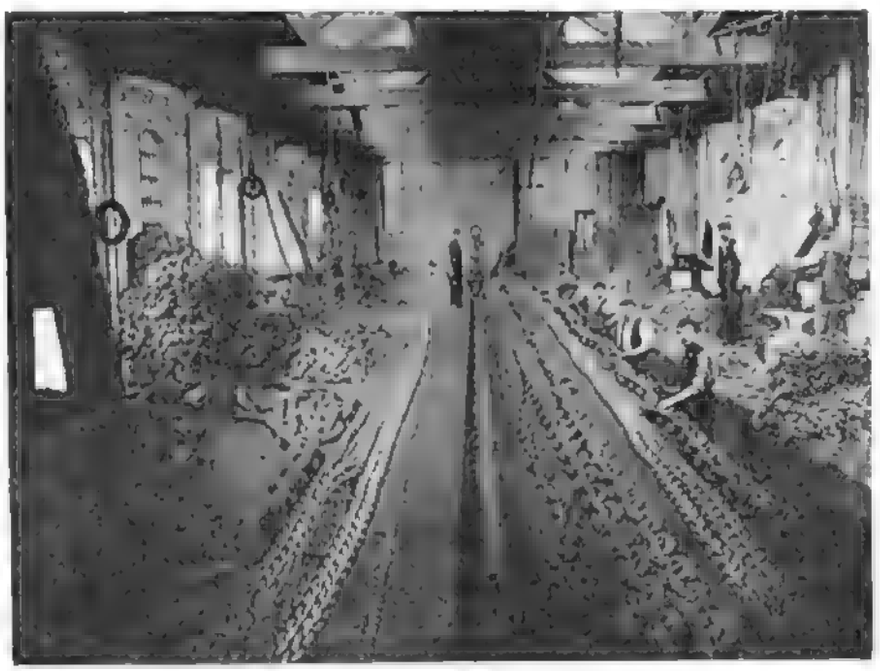


Photo., Chas. F. Everitt, Cradley Heath.]

CHAIN AND CABLE TESTING AT R. SYKES AND SONS, LTD.

After the cable is finished it is tested at Lloyd's proving house, Tipton. An Act of Parliament regulates the testing, but in practice it is carried out as follows. Three links are selected promiscuously from the chain and are placed in a hydraulic machine, and must withstand a *certain* breaking test, then the remaining fifteen fathoms are proved for tensile strain. If the chain fails to withstand the test at any point it is rejected without mercy. A good knowledge of mechanics is necessary in order to understand the technique of testing, hence I will not trouble to describe it here.

Our illustration shows a manufacturer's own testing shop at Messrs. R. Sykes & Sons, Limited, and is used for testing crane and other chains which are not required to be tested at Lloyd's public proving machine.

The manufacture of anchors has been, since the introduction of the stockless anchors, a more varied industry than before. For stockless anchors the head or flue is generally cast in steel and fastened to the shank by a pivot pin. This class of anchor is gradually replacing the old standard stock anchor, but their adoption is by no means universal. Before passing on to describe the method of forging an anchor I must refer to the patent stockless wrought-iron anchor which is classed A1 by Lloyd's Committee, and approved by British and Foreign Shipping Registers, and is known as the "Britannic" Stockless Anchor. A model of this anchor was shown to the writer, and the perfect swivel movement of the head should prove a boon to the mate and bo'sun as a means of preventing turns in the cable. It is made entirely of wrought iron.

A common or garden anchor is made in seven parts, and forged by steam and hand

from faggoted billets, *i.e.*, a slab of iron made from a bundle of heated scrap bars. The steam hammer reduces this to a desirable fibre and shape, and then the flukes and bill, also forged by the aid of steam, are welded on; then the jolly anchor smiths, as depicted in the photo, bring their Trojan strength and Saxon skill to work on the still incomplete anchor. Meanwhile another set of steam and hand gear forges the stock. The stock is fitted after the required camber of the flukes has been gained by means of "clamping" or screwing gear. This gear is worked by means of a lever and bends the flukes whilst they are still hot.

This, in brief, is a description of anchor forging—though I feel that for the purpose of conveying a general idea of the work the photos will be more eloquent than verbal description.

The physique of these men will also be fairly easily measured by a study of the illustrations. Look at the men on the photo of the side-welding process, tall, muscular, and graceful, with biceps, shoulders, and chests developed by the swinging hammer—the acme of physical perfection as judged from an artisan's standpoint, whilst the anchor smiths look as jolly and muscular as the proverbial smiths in the song. When these photographs were being taken, the local wake—with its beer and beef—was imminent, and probably the thought of this may have broadened the smile which is so easily stirred on the faces of these good-humoured artisans.

In the case of the photograph of the shackles and swivel mooring, we have a study in muscular strength and iron fibre. The huge shackle which the head smith is supporting with the tongues is about seven hundredweight, whilst the Admiralty mooring swivel is nearly a ton, and proves that chain and anchor smithing is by no means compounded in smithing simple links, or even the more varied work of the anchor smith, but consists of making a great variety of shackles, catseyes, links, and other appliances.

It must be clearly understood that Tipton shares with Cradley the manufactures of cables and anchors, and the illustrations referred to, and the remarks hitherto penned, are merely typical of the trade and people generally, excepting, of course, such references as the one to the "Britannic" anchor.

Tipton has, however, as well as anchor and chains, a large industry in the making of cast-iron household utensils, particularly fire grates, stoves, and cooking ranges, but as the process of iron foundering in connection with grate making is somewhat similar to many other kinds of casting, I will leave it, at least for the present, with the statement that Tipton grates and cooking ranges, and such like, are famous all the world over, just as Tipton, or Tip'on, is famous in the Black Country for sharp-witted people, and when anyone makes a smart repartee or particularly clever sarcasm, it is customary for the hearer or unfortunate victim of the speaker's wit to reply with the interrogation, in the vernacular phrase, "I sh'd think yo'n bin to Tip'on, eh yer?"

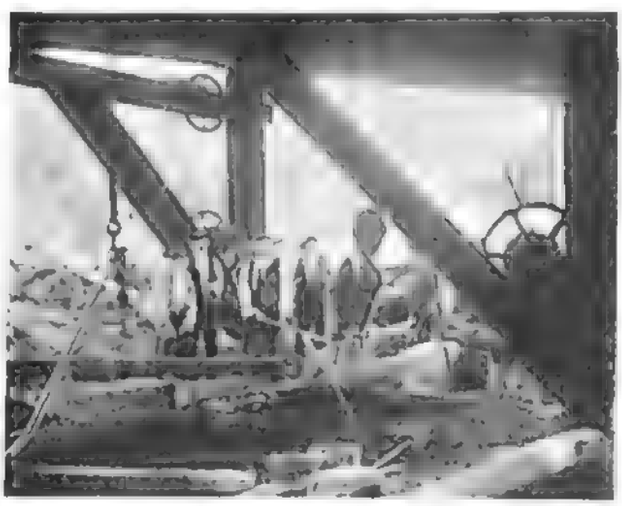
In passing, I may state that Tipton has, by reason of its numerous canal junctions, been called the Venice of the Black Country, and so, though not wholly in the Stour Valley proper, yet it borders on that district and part of it is actually in it, and shares many of the industries in common with Cradley, Cradley Heath and their neighbours; but one industry the Cradleys and their contingent villages claim almost as Rome claims St. Peter's, and that is the manufacture of shipping tackle as apart from anchors, chains and shackles.

A walk through the Cradleys and their villages is equivalent to a walk through a complete ship chandlery, for here sail clews, rigging thimbles, marline spikes, rigging screws, eyebolts, sail shackles, forelocks, and the host of gear which the sailor uses in his spider-webbed rigging, are manufactured by the thousand or the ton. The sailmaker repairing a sail 'neath the tropic skies splices the foot-rope and leech-rope into a Cradley

ANCHOR SMITHS AT WORK WITH STEAM HAMMER.

clew, and the sailor splicing his broken clewline off the wintry Horn is alike dependent on the Black Country for the clip hooks which he splices in the end of it.

A description of the manufacture of shipping tackle is practically impossible beyond the merest outline, for their methods of procedure in detail are legion. Suffice it to say, that it is all made on the anvil and oliver by skilled craftsmen, except the very heavy work, which necessitates the use of the steam, tilt hammer, or kicking stamp.



Photos., C. F. Everitt, Cradley Heath.]
MAKING AN ANCHOR.

Until within the last twenty-five years even the hollowing of the iron for thimble making was done by hand on the oliver or smithy, and at the present time, though the raw material is carried for some articles a stage further in the manufacture than formerly, yet the making of shipping tackle essentially requires the skill of the craftsman.

I have now to refer to an industry which is totally different from anything yet described in these articles.

By the courtesy of Mr. Ernest Stevens I was shown the process of enamelled hollow-ware manufacture, and given permission to

A STOCKLESS ANCHOR COMPLETED.

secure the photographs which illustrate this portion of the article, and though the manufacture of hollow-ware may not be exactly one of the staple trades, yet it forms no small part of the industries of Cradley Heath.

A very fair idea of the outline of the process of manufacturing kettles, pans, and similar domestic articles may be gained by studying the photographs together with the following brief description.

A piece of sheet iron is cut into the form of a circular disc by means of a machine, and it is then pressed on a machine by one, two,

or more processes into the shape required, whether it be washing bowl, saucepan, or bucket. Some articles, such as kettles and utensils, of what may be called complicated shape and with lid, handles, &c., are the product of a variety of processes—a fact which will readily appeal to the intelligence of the reader—but once completed, every utensil to be enamelled is pickled or cleaned of scale and freed from other substances which would neutralise or spoil the enamelling process in some degree or manner.

The enamelling is done by girls, and is really an occupation which requires an observant eye and mind, so as to understand exactly when the utensil is enamelled in such a degree and manner as to ensure, when it is dry, its delighting the eye of the buyer, and proving an alluring bait to the retail customer. It may easily be deduced from this statement that the "temper" of the enamel is a very important factor indeed. The enamel or mineral chemical product which gives the shining gloss to a certain class of domestic utensils, is not the promiscuous product of a mere discovery of an artisan, but a mixture which has cost the chemist and metallurgist many hours of mental labour, and many pounds of expenditure in experiments, and though it has now become a sort of stock solution, like photo developers, yet there is all the difference in the world between the blending of the A's and B's on the part of the various manufacturers, with varying results, just as there is a difference in blending the developer chemicals with results *most various*. Or better still, just as different chemists make good or indifferent developers from the same chemicals, according to their skill in blending and choosing the proportions, so, likewise, do the chemists who produce enamel for the hollow-ware trade.

From the enamelling places the goods are carried and placed on long trays, on which they enter a Hades or purgatory, in the shape of a terribly hot furnace, which bears a striking resemblance to a baker's oven.

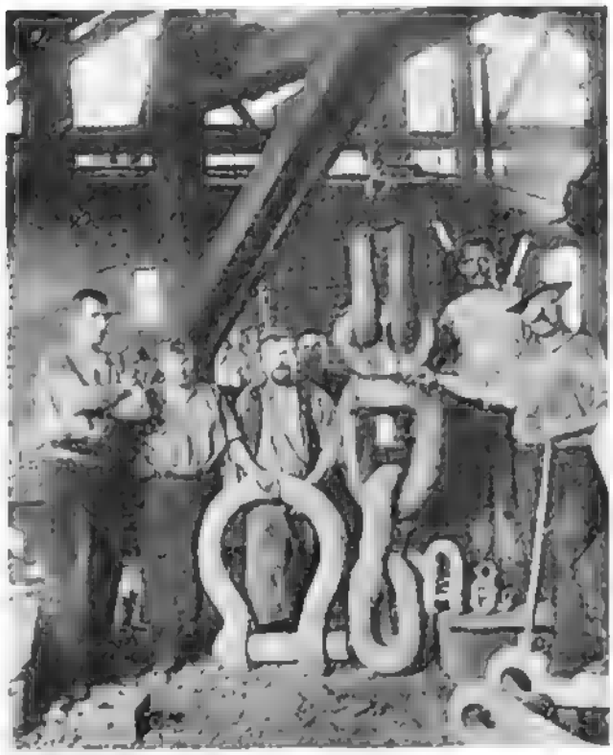
After a good spell of heating they emerge from the fiery furnace, purified and purged, and cool off into the most alluring shining white, cream and blue surfaces imaginable.

With reference to the people employed in this trade I have little to add to the statements already made in previous paragraphs in reference to other Cradley trades, except that the enamelling and other occupations in the making of the bowls and buckets seems to coincide more with our conventional and natural conceptions of a fitting occupation for women than does the making of chains at the fire.

One cannot overlook the fact, either, that the utensils are exported to the ends of the earth, and find their use in every climate. Arctic and tropical expeditions are supplied; the Australian swagman has swopped his tin billy can in favour of enamel, and the writer himself has drunk his pannikin of tea off Cape Horn in the dead of winter from an enamel pannikin which came from Cradley or the neighbourhood.

During the years I have lived and wandered from town to town in the Black Country, especially in such towns as Cradley, Darlaston, Willenhall, and Wednesbury, watching with great interest the chainsmith, bolt forger, locksmith, coachsmith, and other skilled artisans at work, I have been compelled to conclude that the Saxons who settled largely in this part of Mercia were skilled craftsmen and expert workers in iron and metals. They may not have had the polish of the Norman or the metaphysical mental characteristics of the Celt, but as fashioners of iron, as workers in metals, they certainly excelled, and their descendants to-day—largely of Saxon blood, betrayed by their Saxon faces, dialect and nomenclature—are undoubtedly the finest skilled craftsmen and metal workers in the British Islands. In fact, their skill at the vice, anvil, and forge has bred in them a prejudice against machinery which the advancing tide of technical education and mechanical adoption

has only just commenced to break down, but it will be well for the race if the introduction of machinery does not destroy the firm physique and sterling qualities of character and temperament which are the birthright of the typical Black Countryman.



Photos., C. F. Everitt, Cradley Heath.]
A CATSEYE AND MOORING SWIVEL.

AN ARTIST IN ENAMEL.

THERE is no end to the stream of works on physical culture, which, with the flourishing condition of a number of magazines specially devoted to the subject, and the space given in general periodic literature, indicates the continuance of the vogue for bodily improvement which is affecting English-speaking races. Long ago the Swedes and Germans devised and specialised exercises as a means of bodily culture, and they have since supplied instructors to a great part of the world; but for many years Great Britain preferred to place chief reliance on the physically educative effect of field games. The tendency has been of late to so specialise these games that they become spectacles in which large crowds look on at a handful of expert players. This, coupled with the fact that no one game gives complete development, has led to the wide adoption of supplemental specific physical culture. Such culture is highly desirable for the active participant in games; but it is still more desirable for the great mass of those following sedentary pursuits, for whom it forms practically the only corrective. And it would be much better, too, for many men who think their active outdoor life suffices, to fill in certain deficiencies with special exercises. As an instance, we know some young station-owners in hilly country who are wont to gallop about the very steep slopes after stock for days at a time in quite a blood-curdling fashion. They are superb riders; but the constant unconscious strain of balancing on their cat-like horses, in avoiding stumps and rocks and holes on the slopes, gave them indigestion. It was suggested that they should try systematic abdominal and trunk exercises by way of strengthening the trunk muscles, and this effected a complete cure.—*Sydney Mail.*

The Treatment of Rupture.

By A. C. NICHOLL.

IT is surprising with what frequency we are approached on the question of the real cure for rupture, and therefore feel justified in drawing attention to a treatment for this very prevalent state of things, which should appeal considerably. We are frequently asked whether a person suffering from rupture should undertake systematic exercise, and to this we reply certainly, but under proper supervision, for it will help to strengthen the abdominal muscles and assist materially in bringing about the cure which we are about to draw attention to. A large number of ruptured persons, we may mention, have gone through the Sandow system with most beneficial results, so that we feel justified in recommending exercise in conjunction with Dr. Rice's system of treatment.

At the outset it may be as well to point out that all swellings in the groin must not be considered ruptures. An abscess, varicocele, or swollen veins of the scrotum closely resemble the ruptural condition. The easiest way to determine a rupture is by lying down or applying pressure with the hand. If the swelling goes back as a result of such action it is undoubtedly a rupture. An abscess or boil would be very painful if pressed by the hand, whereas there is usually little or no pain with a recent rupture that is returned in the manner described above. Another way is to place the hand upon the protrusion and then cough, not violently, but sufficiently hard to produce an effect; if an inflation in the swelling is felt by the hand, as if air was being forced into it, there is little doubt of its being a genuine rupture, and should be relieved by treatment as soon as possible before it has time to become dangerous. The symptoms of rupture are sometimes so slight and cause so little concern that it is only when the danger point is reached, or the rupture becomes greatly enlarged, that the patient fully awakens to the necessity for action.

When it is considered that in a great majority of ruptures the vital function of excrement is attacked, the malady then becomes a most alarming and perilous condition. Think of the thousands who have perished suddenly from a supposed attack of inflammation of the bowels, when the real fact denoted a strangulated rupture. (A strangulation is a squeeze or tightening of the intestine affected. The natural function is arrested. The process of passing the waste from the body is stopped.)

It is an accepted fact that in the majority of cases rupture is an inheritance. Children are born with muscular weakness, with the result that severe and long protracted crying, with its convulsive sobbing, is frequently sufficient to cause rupture. It is also an accepted fact that an operation for rupture, except in urgent cases of strangulation, is not only fruitless of permanent results, but is extremely hazardous. Therefore, in order to keep the intestines in their proper position until the muscular tissue becomes united and strengthened sufficiently to withhold them, it is necessary that something should be done to bring about this result, and that is by means of a truss, and it is in the choice of this appliance that so much depends.

It is an unfortunate fact that rupture does not, for a while at least, entail great bodily suffering. For this reason one gets used to

it. This discomfort and inconvenience is regulated to the mental endurance.

The rupture continues to grow larger almost imperceptibly. Day by day a little more fat adheres to the ruptured portion, and the sac, or pouch, hangs down a little lower. It becomes more and more difficult to return the protrusion, even when lying down. A false crowding may result, and the torture begins. In effect this is like tying a cord around the body and pulling it just as tight as it will stand. The pain is intense, and no truss, treatment or any other assistance will be of avail except the services of a skilled physician or surgeon. Again, cheap trusses are worthless. There is no question but what a great proportion of the suffering and strangulation of rupture is due to poorly made and imperfect fitting trusses. To invite the confidence of a ruptured sufferer and then send him an appliance that endangers his life is a crime.

The method of procedure in the cure of rupture is—

1st. The return of all protruding viscera or abdominal contents to their natural location.

2nd. They must be continuously restrained from further coming out.

3rd. The muscular development must be so restored that supports will not be needed.

After many years of close study the Rice Adjustable Elastic Truss has been the result. This is used for the purpose of bringing out the first step towards complete cure. But as Dr. Rice points out, except in cases of recent rupture, where nature will quietly restore and heal by her own power, the truss is in itself absolutely devoid of any medical power of healing. The object of the Rice Truss is therefore auxiliary—to aid nature, if nature can exert herself alone, and if this cannot happen, owing to neglect, then some restorative must be employed to excite nature to come to the rescue. This Dr. Rice accomplishes by means of Developing Lymphol, which is a searching application that reduces all inflammation, softens and lubricates the parts involved so that the rupture is safely, easily and painlessly returned into the abdominal cavity. The Lymphol is absorbed into the muscles through the skin pores, where it awakens the natural secretions of the lymphatic glands and membranes, *and compels nature to provide those elements that knit the muscles and hold them together.*

And while the truss alone cannot heal, and while the Developing Lymphol alone cannot hold the protrusion, these two agencies work together in harmony, each doing its full share and both combining to bring about the result of a complete restoration and cure.

Of course, in order to effect a cure, the muscles which have become weak must be brought back to a healthy state by exercising them, and so putting new blood into them, thus making them fill out and close up the aperture through which the rupture came. In its action upon these muscles, Lymphol means a development of life and activity. It induces a return of natural healthy circulation of blood. Each application forces the tissue; it provides those elements that enable the muscular development to grow and expand; it is a sort of gymnasium for the muscles; arouses their action, and under such an influence they soon fill out, come together, not as a torn piece is sewed, but inseparably woven just as if they were taken out, melted and poured into a mould. There can be no doubt, after inspecting the records kept by Dr. Rice at his establishment, 8 and 9, Stonecutter Street, E.C., that rupture can be cured, for here are cases from infancy to old age that have yielded to his treatment. This should allay the fears of many of our readers who have written us on the subject from time to time. Many of them have been anxious to take up the Sandow system, but have been dubious as to its effect upon them. They may rest assured that under the Rice system of treatment, there will be nothing to debar them from following their inclination under proper supervision.

The English Girl

FROM AN AMERICAN POINT OF VIEW.

AN American writer, giving a description of the English girl, says she is long-legged and is coming into fashion across the water.

She was the girl made popular by Du Maurier, the tall, slender, graceful girl. She was the girl you saw when the bicycle fever was at its height. She is slender, full of limb, round, though not plump, and splendidly athletic.

She is not the angular girl, who has exercised all her flesh off and who is a bunch of muscle, nor the restless girl who must keep moving.

On the contrary, though tall and slender, she is well covered with flesh, sufficiently so to take off her angles, and, though not at all fat, she is far from lanky.

She is very long in limb. She moves with a fine, easy grace. Her motions are not quick and birdlike. They are deliberate, and, in most actions, you would call her slow.

This girl has not an angle about her. Gibson must have taken his first type from the English girl, for his girl has the curiously uplifted chin of the English woman.

And he might have borrowed the full, round limbs from the English cousins over the water, for the American girl did not possess them at that time. And in other ways his girl has the English traits.

The coming Anglo-American girl will dress with American chic, but she will have a few English features which the American girl does not always have. For one thing, she will be healthy. She will not have the curiously headachy look which afflicts so many American girls.

She will be immensely fond of open air. She will throw away her curtains and let the windows stand open.

"Our girls will now live entirely in the open," says a teacher of physical culture. "She will copy the Japanese girl, who has her windows arranged to roll back right from the floor.

"The specific for bad health and poor looks is a twofold one, fresh water and fresh air To this can be added cheerful spirits. The girl who aims to be of the Du Maurier type will become as full of life as a squirrel, for you cannot be healthy without the balm which is found in the summer skies."

If you know the English girl, you have noted four things concerning her. First, her fine complexion; second, her splendid carriage; third, her lack of self-consciousness; and fourth, her utter disregard for the weather.

When it rains the English girl goes out just the same. The rain she regards as healthful. It invigorates her system and makes her frame elastic.

If a girl cannot grow legs to suit herself, she must be content with the next best thing, namely, the making of her limbs long in proportion to her body.

This seems an impossible task at first, the altering of one's frame. But when you look about you will see the dumpy women who have transformed themselves into long, lithe-limbed creatures.

The woman who is burdened with fat around the hips can never look short of limb. But if she will lose some of that flesh, and will make her waist slender and symmetrical, immediately she will begin to look longer and more graceful.

Then to become long limbed she must take certain exercises. Any old exercise will not do. The woman who wants to be long limbed in proportion to her body must study the long limbed movements.

A woman who made herself very graceful and lithe in action, supple and easy, took the knee-bending exercise.

She lowered herself first on one knee and then on the other, jumping to her feet when changing the position.

Her second knee-bending exercise consisted in stepping up on top of a chair without using her arms, except as a balance. She stepped up and she stepped down, without touching the back of the chair. For an awkward woman this is not so easy.

Knee exercise is what is needed when the hips are too full, and knee movements are the only ones that will bring the weight of the body upon the muscles of the knees and hips with sufficient force to reduce the weight.

If there is one point which is more noticeable than another about the English figure, it is the English shoulder blades. The English woman's back is absolutely flat, and there is no such thing as a shoulder blade to be found.

Keep your shoulder blades out of sight, don't cushion them with fat, if you want to be beautiful.—*Daily Express.*

WOMAN'S FUTURE.

"Dagonet," of the *Referee*, humorously satires the possibility of woman ousting man from the walks of life where physical superiority is necessary, as follows :—

"Watching the gallant Jack Tars come ashore from the Home Fleet at Weymouth the other day, 'some little thoughts came in my head.'

Woman to-day is overmastering man and ousting him in almost every walk of life. May we not live to see the day when woman, having become not only mentally and morally, but physically, the superior sex, will carry on the trade and glory of the sea while the men stop at home and look after the house and the children?

I closed my eyes for a moment as the boys in blue rolled into Weymouth town to be fondly greeted by their waiting sweethearts and wives, and I saw—but my vision rose above the platitudes of prose—Shade of Dibdin, it is upon you I call!

WOMAN ON THE WAVES.

A Vision of the Future.

Along the line the signal ran
To clear the decks for action,
And woman, having ousted man,
Poll, Sue and Sal, and Mary Ann
Expressed their satisfaction.
Yo, cheerily, heave oh!

They gave a shrill soprano cheer,
For all the crew were ladies,
Then, shedding just one gentle tear
For children, home, and husband dear,
They sent the foe to Hades.
Yo, cheerily, heave oh!

The gallant lady Admiral
With victory elated,
Sailed back with Poll and Sue and Sal
To where on shore Jack, Tom, and Hal,
Their faithful husbands, waited.
Yo, cheerily, heave oh!

In Jack's fond arms upon the quay
Jill saw her baby lying,
And happy husbands hugged with glee
Their sailor wives who on the sea
Keep Britain's flag a-flying.
Yo, cheerily, heave oh!

Then bless our gallant sailor girls,
Who, kissing babes and spouses,
Go forth when war its flag unfurls,
Or some fierce foe defiance hurls,
And Britain's wrath arouses.
Yo, cheerily, heave oh!

And bless the kind and gentle sons,
The husbands and the brothers,
Who mind the homes and little ones
Of those to-day who man the guns,
Their gallant wives and mothers.
Yo, cheerily, heave oh!"

The Twentieth Century League.

INCORPORATED 1901.

By S. MORTON.

WE have great pleasure in placing before our readers the objects and methods of this newly formed but admirable institution, whose efforts to bring about a higher moral and physical standard amongst the lower classes in the great metropolis by means of clubs, institutes, brigades and cadet corps have thus far met with great success. There is much, however, yet to be done and we hope that by bringing the work of the League to the notice of the public it will cause others to come forward and assist in every way to promote its progress. This assistance may take the shape of gifts such as boxing gloves, gymnastic apparatus, indoor games, magazines and books, the loan of open spaces for games, drill halls or gymnasiums, financial support or personal assistance. Although a large number of boys' and girls' organisations are in existence, it is estimated that scarcely ten per cent. of the youthful population of the metropolis are as yet materially touched and assisted by anything in the shape of clubs or institutions out of school or working hours, and it is to supply the means of removing this deficiency that the League was formed three years ago. It may be mentioned that the Right Hon. Lord Alverstone is the president, and the vice-presidents are: The Bishop of London, the Duke of Norfolk, K.G., the Right Hon. Alfred Lyttelton, K.C., M.P., the Right Hon. the Earl of Meath, P.C., the Bishop of Rochester, the Chief Rabbi, the Rev. F. B. Meyer, the Rev. Dr. Clifford, the Rev. Dr. E. Warre (Headmaster of Eton

SOME GIRLS WHO HAVE JOINED A CLUB.

College), the Rev. Dr. J. Wood (Headmaster of Harrow School). Douglas Eyre, Esq., is the chairman of executive committee; the Hon. John Biddulph, hon treasurer; Mr. Edward Raikes, hon. secretary; and Lieut.-Colonel V. Mellor, organising secretary.

The objects of the League are: (1) To promote the physical and moral welfare of the young industrial population in and around London. (2) To serve as a Bureau of Information and Advice as to existing agencies.

SOME GIRLS WHO WANT CLUBS PROVIDED FOR THEM.

This is done by providing increased facilities for healthy recreation, social intercourse, and physical, mental, and moral improvement throughout the poorer districts in particular; by strengthening the hands of those already at work, and enabling them to reach the roughest classes, and the foundation, equipment, and subsidising of clubs, institutes, and brigades for boys.

The club, pure and simple, is the one agency which, when adequately equipped, organised and managed, promises to supply all the wants of the class which it serves in point of amusement, education, discipline, and general moral influence.

Efficient and organised clubs for working lads and girls attempt in particular to bring within reach of their members all those opportunities for healthy exercise, organised games, and wholesome amusements which are enjoyed by the middle and upper classes in public schools and elsewhere.

They will provide opportunities for games, athletics, gymnastics and physical drill, boxing, fencing, as well as reading, bagatelle, chess and other indoor recreations.

In girls' clubs, also, there will be musical drill, and shorthand, needlework, cooking, laundry, dairy, and other classes.

Boys' and girls' clubs will try to establish good libraries, and probably their own educational classes. (It is often found that

to the tired factory girl who has been working with her hands all day, a bright educational lecture comes as the most appreciated form of recreation.)

Clubs will also endeavour to establish country and seaside camps for their members during the summer, and will, perhaps, too, plan country rambles and excursions, and visits to museums and places of interest.

The brigades and cadet corps for lads provide occupation and exercise of a most wholesome kind for leisure hours. The Brigades in London alone have upwards of districts, and the work already existing and in prospect.

It has taken the first step towards organising the whole of the metropolitan area by forming committees with local secretaries in nearly all of the 28 metropolitan boroughs. The remainder are forming or about to be formed. Most interesting and valuable reports have been collected by the League from some of these committees.

The aims of the League in the immediate future are: (1) To endeavour to obtain at once £3,000 by public subscription for the

"THE RAW MATERIAL."

11,000 lads enrolled. Their influence in instilling habits of order, cleanliness, and discipline, and in cultivating self-respect, is very great. They succeed in raising the boys to nobler ideals, and in cultivating in them a desire for a higher life both morally and spiritually.

The League has been engaged in communicating with all organisations throughout London of the class which it is designed to help and develop, and in obtaining reports upon the continued need of the various support and development of all agencies engaged in providing amusement, occupation, and discipline for, and bringing good influence to bear upon, working lads and girls. (2) To make a grant of £100 to each borough committee, in aid of Institutions whose needs are greatest, whose work is most promising, and shows most capacity for immediate expansion; and it will assist in providing buildings and equipment. (3) To promote the founding of new clubs and institutions wherever opportunity occurs, and

will solicit grants of land for playing fields and recreation grounds. (4) To act as a Bureau of Information and Advice, a Central Agency, and Bond of Union for all persons desirous of starting clubs, or who are at all interested in any way about working lads and girls.

It is hoped by this agency to bring the experience and knowledge of those who have been most successful in the work to the assistance of the unsuccessful and beginners. Such are the social needs with which the Twentieth Century League is formed to deal, its methods and future policy. The League is entirely unpolitical and undenominational, as will be seen by looking at the well-known names of the president and vice-presidents. It is designed to work downwards through the more respectable section of the working community till it reaches and benefits the roughest class, and therefore it seeks to assist clubs and institutes which are already existing, and which are endeavouring to become self-supporting. To help those who are trying to help themselves. The League does not make grants to untried ventures.

The Committee therefore appeal to all who appreciate the importance of the moral and physical development of the young—the fathers and mothers of the future—and the immense development of which this work is capable, to give their support liberally.

Those who live amongst the working lads and girls of London know what a dull monotony are their lives after working hours. A monotony which, unless some brightening influence is brought to bear, only leads to loafing, horseplay, vice and crime.

Will not those to whom, after the day's business and occupation is ended, an evening's rest and recreation amidst bright and happy surrounding is assured, do something to benefit, after the day's work is done, the young of the less fortunate class on whom the burden of life has descended so much earlier?

In the present condition of London there is practically no limit to the amount of work which can be done, provided that those who are in the position to do so will give the requisite help. Whether this help comes in the form of a subscription or donation, or of personal service, it will be given to the support, not of a crude philanthropic experiment, but of practical work, the utility of which has been proved by time and results.

And such help may be given in the full assurance that it will go to supply a great need, and bring forth abundant fruit.

The office of the League is at 28, Victoria Street, S.W.

Mr. Francis Galton, F.R.S., has made an offer, which has been accepted by the Senate of the University of London, to endow a Fellowship in the University for the promotion of the study of "National Eugenics," defined as "the study of the agencies under social control that may improve or impair the racial qualities of future generations either physically or mentally."

The endowment is sufficient to provide not only for the Fellowship, but also for the salary of an assistant and for the general expenses of the contemplated work, which it is intended to locate in one of the colleges or other institutions connected with the University.

Deterioration and Temperance.

A CONFERENCE, held under the auspices of the National Temperance League, and presided over by Sir John Gorst, M.P., at the Caxton Hall, Westminster, recently discussed the question of the teaching of hygiene and temperance in relation to physical deterioration. Amongst those present were many prominent members of the medical profession who have been largely responsible for the prominence which has been given to this branch of the question of late, besides medical officers of health and county council inspectors.

The secretary of the National Temperance League, Mr. J. T. Rae, gave a brief outline of the work accomplished by the League since its inauguration in 1862, and said that his committee was disposed to suggest the appointment by the local educational authorities of qualified teachers to give systematic and simple lessons in hygiene, with special reference to the nature and effects of alcohol.

The secretary of the United Kingdom Band of Hope Union, Mr. C. Wakely, said that his committee had made great efforts to secure teaching in day schools on the nature and physiological effects of alcohol, and that over £40,000 had been spent by them in lectures. He urged the continuation, and the extension on a national scale, of special lectures, the more marked encouragement of such teachers as might feel a special interest in the subject, and the wider use of reading-books and the introduction of text-books on hygiene.

Dr. E. Claude Taylor, who was the hon. secretary of the committee which promoted the petition from members of the medical profession urging the necessity of the Board of Education recognising the compulsory teaching of hygiene and temperance, stated that the committee were taking steps to approach the local educational authorities throughout the country, and to submit for their consideration a scheme of instruction in temperance and hygiene similar to those already in operation in other countries, with the hope that the subject may be introduced into the schools as a part of the compulsory code.

Sir John Gorst, in the course of a most interesting and instructive discourse, said that he hoped the opportunity which now existed for the promotion of improvement in the condition of the people would be taken full advantage of. Although the report of the Committee on Physical Deterioration contained many recommendations which would require the intervention of the Government, still there was one which was capable of being adopted without any alteration of our laws and without any action on the part of the central Government, and that was the recommendation that the principles of health should be taught to the people of the country, to the scholars, the teachers, the mothers of families, and diffused generally throughout the country. They had not met to recommend temperance nor to deplore the condition of the people of this country, but to point out the means whereby that part of the recommendations of the committee might be carried into effect. Sir John commended the action of the committee of the medical profession in not confining their efforts to the central authority. In order to get anything accomplished immediately the local authorities must be approached, because the duty of deciding what was to be taught in schools was practically, under the new Act, delegated to the local authorities. The attempt on the part of the British Medical Association to induce the local authorities to appoint these special teachers was one which

he hoped would bear fruit. In this matter, as in so many other social matters, Great Britain had fallen rather behind the other civilised nations of the world. Until knowledge was diffused among the people of the country, and they were led to see, as they would see if the conclusions of the report were brought home to them, that their most vital interests were involved in this question, he did not suppose that any great progress would be made. If the local authorities could be induced to appoint teachers, and if the Government provided the material, the apparatus and the best illustrations that could be made in order to enable those itinerant teachers to display to the people the real facts of health, the abuse of alcohol, and the many other customs and habits among the people which were deleterious to health, he thought they might expect a very great improvement in the health of the people.

Mr. Yoxall, M.P., and Mr. A. P. Graves, H.M.I., were in favour of the voluntary teaching of the subject.

Sir Victor Horsley said that the laws of health and the subject of temperance should be considered equally as important as any other subject. The medical profession considered that there must be that teaching, and that every child should receive it, so therefore it must be in the nature of compulsory teaching.

Lady Biddulph supported Sir Victor Horsley in his contention, and said that temperance reformers were grateful to the medical profession for their recent encouragement.

After several other gentlemen had spoken, the Chairman, replying to a vote of thanks, said that the War Department had probably the most interest in the matter of the physique of the nation, and it was due to that interest largely that the departmental committee, whose report had proved so valuable, was set on foot. In this particular the War Department had been exceedingly useful, for it had instituted in a number of schools the purpose and object which the conference had met to encourage.

No matter how powerful the intellect, how nimble the thought, how fertile the resources, the intellect, the power must be backed up by physical force.

Every day the youth must manufacture a pint of rich arterial blood that is pure, stimulating to the brain, and that can rebuild the tissues that were used in yesterday's work.

Unless the man can make that blood to-day more than he consumes, he will soon go into bankruptcy. The youth that burns up in his work a pint of blood in a day, manufactures a pint and a gill over, is constantly increasing his reserves. The youth that burns up a pint per day and manufactures one drop less than a pint will soon be unequal to his task.—*Health.*

Club Notes from Home and Abroad.

WANTED—CORRESPONDENTS.

Feeling that some more direct means of mutual intercourse amongst physical culturists throughout the world is most urgently required, we have decided to devote space to the chronicling of the doings of clubs, societies, etc., throughout the world. To enable us to do this we must invoke the co-operation of our many friends in all parts of the two hemispheres, and ask them to assist us by forwarding a brief account of their doings. These should reach us not later than the 12th of each month from abroad or first post Mondays in Great Britain, and should be addressed to the Editor, 131, Temple Chambers, E.C.

NEW ZEALAND.

MR. F. A. HORNIBROOK, director of the Christchurch School of Physical Culture, recently addressed a gathering of his past and present pupils, in the City Hall, on the subject of "Physical Culture."

He first produced proofs of the value of physical culture, in the shape of pupils who had been cured of various lung complaints by means of lung development. The first two were men who had been cured of incipient consumption, and given large chest expansion. The next was a boy, the survivor of a family that had been otherwise exterminated by consumption. Eighteen months previously he had been told by doctors that he had consumpton, but lung development had restored him to health and increased his chest expansion from half-an-inch to five inches. Two other men had been cured of asthma and one of consumption, and a young man stated that he had been restored to perfect health by lung exercise when long-standing pleurisy had reduced his weight from 12st. 6lbs. to 10st. 3lbs., and made death seem inevitable. A man aged forty-eight years exhibited particularly well-developed muscles acquired by systematic exercise during the previous two years, and as a contrast, a small boy, boasting nine years, proudly exhibited a quite extraordinary chest expansion.

Mr. Hornibrook dealt in general terms with the aims and objects of physical culture. He said that it was often called a fad, but it was really the science of living; a system of proper exercises, diet and habits that insured the greatest amount of freedom from ill-health of all kinds, and that ensured to posterity its premier right of being well-born. Physical culture was no new idea. The Greeks and Romans had known considerably more about it than did people of that day, and in the early days of human history men had cultivated their bodies. He dealt at some length with the evils of the corset. He said that he recognised that men had their vices also, but these were constantly dealt with in the newspapers and elsewhere. Women needed to be aroused to a sense of their wrong-doing. It was often stated that women's figures needed support, but that was, of course, only an absurd reflection upon the work of Providence. Then it was said that women's figures were improved by the corset.

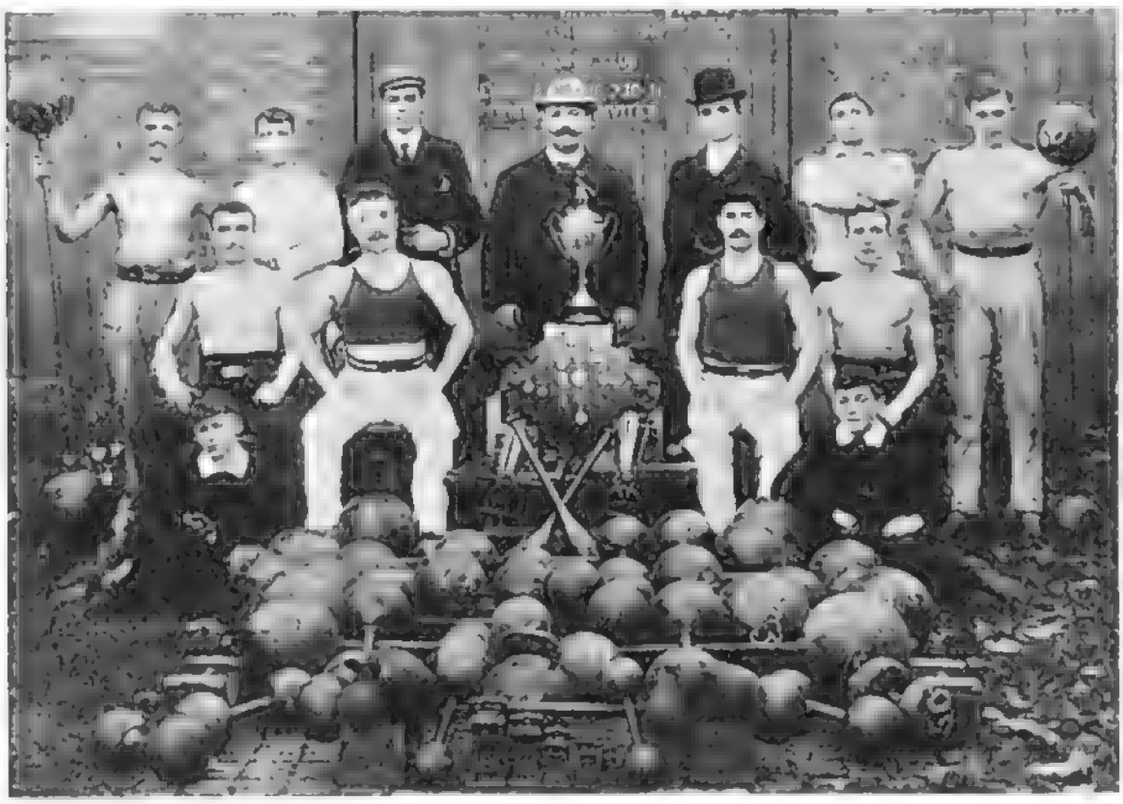
Was the fashion-plate figure an improvement on the natural figure? A common statement was that "corsets are worn loose in these days." That was not true. They were worn less tight than in past years, but the average corset waist-measurement was 22 inches, while the natural waist was 27 to 29 inches. Mothers put young girls in corsets and kept their waist from developing with the rest of their body, and in doing so condemned the girl to physical deterioration. Then it was said that corsets were made on hygienic lines. That was best answered by reference to any of the corset catalogues. Mr. Hornibrook also dealt with the necessity for proper ventilation. In conclusion he invited those present to state their opinions and experiences.

One gentleman stated that he had been a vegetarian for fifteen months and had never enjoyed better health.

Another stated that two years previously he had contracted consumption, and had been cured by lung exercises. He now took two meals only a day, although working hard in a factory, and felt benefited in every way.

Dr. Greenwood spoke briefly in regard to ventilation.

During the evening Mr. Hornibrook showed a large number of very interesting lantern slides dealing with his subject.



ESSEX WEIGHT-LIFTING AND WRESTLING CLUB.

Standing:—S. Herson, W. Nicholls, K. Hoffman, C. Von Lom (president), J. D. Shaw, F. Rabenau, J. Davidson.
Sitting:—T. Jarrett, J. Garner (hon. sec. and treasurer), W. Sadler, J. Jarrett.
On ground:—V. Lom, junr., C. V. Lom, junr.

A collection was taken at the door in aid of Nurse Maude's Consumptive Hospital, and realised £5 14s.

ESSEX WEIGHT-LIFTING AND WRESTLING CLUB.

This club, which until quite recently was practically unknown, is rapidly coming to the front, and a most successful competition was

held at the headquarters on November 12th, results of which are appended.

Competitor.	Two Dumbbells.	Right hand.	Left hand.	Barbell.	Total.	Nett Body Weight.
	lbs.	lbs.	lbs.	lbs.	lbs.	lbs.
J. Garner, 1st	153	123	110	181	567	132
W. Sadler, 2nd	144	130	110	170½	554½	131
F. Rabenan, 3rd	144	130	97	176½	547	127
	Novices' Competition.					
S. Herson, 1st	116	91	88	134	429	123
J. Davidson, 2nd	153	110	100	160	523	157
W. Nicholls, 3rd	116	81	60	137	394	127
T. Jarrett, 4th	112	72	72	110	366	139
C. V. Lom, Jn., Age 13, 5th	40 11 times.	28	28	60	156	74

It may be mentioned that all three in the first competition weigh under 10st., and, therefore, the majority of their lifts are very good. With regard to the novices' competition, C. Von Lom is the president's eldest son, and judging from his healthy condition and the good tuition he will receive, there is every possibility of his emulating the feats of his father.

BIRKENHEAD Y.M.C.A.

The Birkenhead Y.M.C.A. commenced their gymnasium season on October 1st. A splendid plan was adopted previous to the opening of the gymnasium, which worked out very successfully. The director of the gymnasium, with the aid of a few friends and members of the gymnasium, gave a physical culture display, consisting of exhibitions of fencing, boxing and wrestling. A series of classical poses in illuminated frame, by the director of the gymnasium, Mr. C. Lord, was well received, the audience applauding for some of the poses to be repeated. One of the friends who took part in the boxing and fencing was a gentleman of 56 years of age, who, despite his age, danced round the platform like a young fellow of 20. The gentleman's name is Mr. Chantrell, who has been an ardent physical culturist for about 40 years, to which he owes his splendid physique and health. Mr. Chantrell, besides being a splendid boxer and fencer, is a capital swimmer and cyclist. The director with the aid of three pupils, gave a demonstration of the physical exercises that he would teach in the gymnasium throughout the coming season, and explained the different muscles that were developed by the various exercises. Mr. Ralston, the chairman of the meeting and general secretary of the Y.M.C.A., spoke on the benefits derived from physical exercises. No charge was made for admission; a collection was taken instead, which amounted to over £2, there being about 400 present. Judging from the number of members that have joined the gymnasium, the Y.M.C.A. have been well paid for their efforts, the membership having increased so much that new apparatus has had to be bought. It would be well for directors and secretaries to think this plan over before the opening of their gymnasium.

AMERICA.

On the recommendation of the Physical Department Committee of the Boston Y.M.C.A. the following plan was adopted by the Board of Directors at its meeting held on October 4th, 1904.

A committee of ten persons, known as the Competitive Sports Committee, shall be appointed by the gymnasium Committee of the Board, and shall be made up of representatives as follows: Two members of the gymnasium committee, three members of the executive force, and one member each from the following clubs: Basket ball, football, athletic league, fencing club, and leaders' corps. This committee is to have oversight of all athletic and contest work. The appointments on the teams shall be made by the Competitive Sports Committee on joint nomination of the captain of the team and members of the executive force on the sports committee. Members of Competitive Sports Committee, not being able to be present at a meeting, may register their votes by mail on any subjects coming before the committee.

In the handling of funds all moneys received by each club shall be turned over to the assistant treasurer of the Association, who will give the manager or team treasurer a receipt for the same. No bills shall be contracted by any club or team in its own name or in the name of the Association, for which the Association would be legally or morally responsible, without the authority in writing of the head of the Physical Department. The treasurer of any club or team may draw on the assistant treasurer for the payment of bills by drafts approved by the captain of said club or team and by the head of the Physical Department.

All balances in the hands of the assistant treasurer at the end of the season shall be placed at the credit of a general athletic fund, the disposal of the same to be determined by vote of the Competitive Sports Committee. Each club or team shall make a quarterly report to the Board of Directors, and this report shall come through the head of the Physical Department.

Membership in these clubs or teams shall be confined to members of the Physical Department of the Boston Association, and team membership shall cease upon severance of such membership.

The work of the Junior Physical Department shall be placed in the hands of the medical and physical director, and all competitive sports shall be controlled and sanctioned by him.

CRICKET IN THE WINTER.

THERE is a saying that "the oldest things are the newest." To the present generation of cricketers the covering-up last winter of the baths attached to the St. Bride Foundation Institute was an entire novelty. It was, however, but a revival of barn cricket, which at one time flourished in many parts of the country, particularly in the Midland districts. In recent years it dropped out of fashion until the resurrection took place about a year ago. The indoor cricket at St. Bride Institute proved such a thoroughgoing success that it has, apparently, solved the problem of what to do with our municipal baths during the cold season.

One of the disadvantages under which cricketers labour when, with the advent of spring, it is time to turn one's attention again to bat and ball, is unquestionably the feeling of stiffness, with which may be coupled the lack of practice. Both could be avoided if cricketers were only able to indulge in their favourite game during the winter months, so as to keep their joints loose and themselves generally in condition. In olden times, what was known as barn practice was secured in some country districts, and of late years practice pitches have been fitted up at Trent Bridge, Canterbury, and the Crystal Palace. Now, thanks to the energy of the borough councillors of Camberwell, lovers of the game resident in South London are able to indulge in a "knock" in their own neighbourhood. The large bath of their spacious edifice in Church Street, Camberwell, has, as usual, been boarded over, and enough space is provided for three pitches, each about 12 ft. in width. The dimensions of the building give ample room for a pitch of the orthodox 22 yards, and a more than sufficient run for the bowler, whilst, for the protection of onlookers and those engaged on the other pitches, Messrs. Wisden and Co., of Cranbourne Street, have ably fitted netting 80 ft. in length and about 16 ft. high, the top being similarly covered. The floor, or rather that portion on which all bar the most erratic of bowlers would pitch the ball, is covered with green matting, stretched on felt, in order to minimise the concussion, with the result that very few balls rise as high as the top of the stumps (which were of the self-adjustable variety), and with the proposed introduction of further felting, the result is even likely to be more satisfactory. The building is naturally well lighted, and for practice after dusk an additional installation of electric arc lights has been effected.

Fen Skaters.

By A FENMAN.

THE old adage calling attention to the dissimilarity between chalk and cheese may be well applied to the distinction as between fen and ordinary skating. The fenman has a style of his own, which until quite recently was acquired by but few outside the borders of Fenland. This is to a large extent accounted for from the fact that except in the low lying districts of Lincolnshire, Huntingdonshire, Cambridgeshire, and Norfolk, there are but few facilities offered for the practice of that style, which demands such a large area to produce the required exhilarating properties and which are so necessary for the real enjoyment of fen skating. Give a man a pair of "runners" and put him on a pond he would be, so to speak, "all at sea," but give him a straight away course of a mile, even if it be only on a "drain," and the fenman is in his element. This article, however, is not intended to be a dissertation on the art, but rather a *resumé* of the doings of some of our most famous skaters who have from the earliest records, almost without exception, hailed from Fenland, and although at times Great Britain has in this respect had to strike her flag to representatives of more favoured countries, such as Holland, Norway, America, and Canada, yet in the main the fenman is still well able to hold his own in the matter of stamina and speed. Before proceeding with the chief object of my article, biography, let me assure those who are under the impression that fen skating is a crude or easily acquired art, that they are much mistaken. This was never more forcibly borne out to the writer (a fenman) than on the first occasion that he attempted to secure a N.S.A. badge for skating a mile with three turns in 4 mins. 30 secs. It takes a deal of doing! No one must suppose that the fenman's stooping style, with arms swaying and his apparently extravagant side-long stroke, are mannerisms. They are merely the necessary attributes to high speed and may be likened to the distinction between the fleet racehorse and the elegant carriage animal.

Although the art of skating can easily be traced back to the "bone" age, there are but few records of very early "fliers" handed down to posterity. Indeed, the only one is that of Francis Drake, who is credited with having in 1799 put on his skates at Whittlesea Mere and crossed the Middle and South Levels to Mildenhall without taking them off. It is not until we come to the early part of the nineteenth century that the records are at all clear. About this time flourished the renowned John Gittam, of Nordelph, Norfolk, who, although he at times met his match, was generally recognised as the best man from a mile to two miles. The earliest authentic mention of Gittam's performances appears in the *Sporting Magazine* for 1818, in which it is stated that on January 1st, Staplee, of Crowland, beat him on Crowland Wash. Two years later, Gittam, with J. Young, also of Nordelph, who was considered by some to be Gittam's equal, engaged in a match over two miles at Croyland, with the brothers John and Charles Staplee, of Croyland Bank. The match, which was decided on January 28th, 1820, created extraordinary interest, and it was estimated that some 40,000 spectators assembled to witness the event.

Photo., Scott & Wilkinson, Cambridge.]

SOME FAMOUS FENMEN, LINGAY FEN, 1890.

W. Hawes. Mr. Newton Digby, Hon. Sec. N.S.A. (*Fen Department.*) J. F. Donaghue. Geo. See. J. (Turkey) Smart.

Dr. Geo. Cunningham, N.S.A. W. Loveday. James (Fish) Smart. J. Loveday. Isaac See. W. Greenall.

In the first heat Young was opposed to Charles Staplee, then a youth of eighteen years. Odds of twenty to one were laid on Young, but to the surprise of all Staplee drew to the front fifty yards from the finish and won. John Staplee had to acknowledge defeat to Gittam, who in turn accounted for Charles, and the Nordelph men thus won the match. Another notable performance by Gittam was accomplished on January 4th, 1821, when he was matched to skate a mile under three minutes for 100 guineas at Prickwillow, near Ely. A large amount of money was staked at Tattersall's and other noted resorts, "time" being favourite at five to four. On the morning of the match, however, the odds veered round, and Gittam, who was allowed a flying start, won the wager with seven seconds to spare. The race was probably run "straight away," but to cover a mile in 2 mins. 53 secs. is a wonderful performance under ordinary conditions, when one considers that the recognised time for the distance, with turns, is 3 mins. 8 secs., standing to the credit of the Dutch champion, Martin Kingma, and the famous James Smart, although the latter has done 3 mins. 0⅘ secs. on an oval track at Liverpool.

John Drake, of Chatteris, was another noted skater during the early part of the century, and with his brothers, William and Matthew, formed a very dangerous trio. At this time Perkins, of Sutton, was considered to be the best man up to a mile, James May, of Crowland, and the brothers John and James Egar, of Thorney, all standing out prominently in the early annals of the sport. These men, between them, divided most of the prizes, but in 1823, J. Young, of Nordelph, to whom I have already referred, appears to have outshone his contemporaries, as in an open race at Wisbech on January 24th, he beat John Egar, May, and another in a gale of wind, whilst ten days previously at Carter's Bridge, Chatteris, he accounted for Gittam, Cave and May in succession.

Coming to the middle of the century, W. Needham, of March, was a prominent figure. In 1841 he threw down a challenge to skate anyone in the world, but was beaten by Few, of Sutton, one of a great skating family, who lived to the advanced age of 81. Larman Register, of Southery, a fine, athletic fellow, then came along and carried all before him until 1854, when he had to give way to the first of that long line of champions in "Turkey" Smart. It was rather late in life that William, better known as "Turkey," Smart took up racing, as he was twenty-eight when, in 1854, he lowered Register's colours, but from that time to 1867, when he had reached 41 years of age, we find "Turkey" was generally to the fore, with W. or "Gutta-Percha" See always close up. Mention of these two great families of skaters calls to mind how frequently we find proficiency in various branches of sport running through families. Although by no means a graceful skater, and depending on his great strength, rather than his agility, "Turkey" Smart possessed remarkable powers of endurance, added to great courage and resolution. The length and straightness of his stroke, a very important factor in fen skating, have only been equalled by his brother. His strokes averaged from thirteen to fifteen yards, whilst on one occasion on Whittlesea Mere, with the wind, he was known to stride eighteen to twenty-two yards. A comical incident is related by "Black Prince" in the official handbook of the National Skating Association anent "Turkey," which is well worth repeating." It was at Welney, in 1881, Smart being then over fifty years of age, that some unforeseen contingency had made necessary an alteration in the venue of a race which was to be held on the following day: evening was closing in, the surface of the ice was covered with snow, blank despair was on every face; at this awful juncture the veteran genius of the renowned "Turkey" Smart came to our aid. He approached and whispered confidentially in my ear: "Sir," says he, "it's a freezin' terrific, and there will be splendid ice to-morrow; give me ten to help me—and four gallons of beer—and we'll just walk

some three miles down the Wash and have a lovely course for you by to-morrow morning." And they did it; true, it froze cruelly, some 25°, but all night they swept away. "Turkey," who is worth ten ordinary sweepers, acted as "gaffer," and by the next morning an excellent course had been prepared. Only one *contretemps* occurred. After a hard spell of sweeping the men assembled to refresh at the four gallons. Alas! what a terrible moaning; the beer was frozen hard! But your fenman is not put down by trifles; whilst ten swept, the odd man embraced the bottle and thawed it with the heat of his body. Thus they took it in turns and kept the tap open till all was done—beer and sweeping—by about 4 a.m."

Although both were getting in years, "Turkey" and "Gutta Percha" figured prominently on the ice right up to 1878, when one of the most memorable races ever recorded took place at Nepal on December 18th. This was a contest for £10 between sixteen of the fastest skaters, when in addition to the pair under notice, two of their descendants, who subsequently filled several pages of skating lore with their prowess, came under notice. I refer to George (nicknamed "Fish") Smart, "Turkey's" nephew, and George See, son of William See, the first of whom is, no doubt, the best known performer in the present generation. Returning to the race just mentioned, the veterans succeeded in defeating their opponents in the first round, but unfortunately had to meet in the next, when "Gutta Percha," who was much the younger of the two, proved the winner. By the irony of fate, however, he and his son came out of the heat together for the third round, and as has been so often the case, youth gained the day after a sensational race. George Smart and young See met in the final, which the former won, and this commenced the long list of successes which stand to the credit of "Fish" Smart. During the next two winters his superiority over all comers can be gauged from the fact that he competed in no fewer than fifty-four races and was not once defeated, a truly wonderful performance. George, who was a man of fine physique, earned his soubriquet by reason of his proficiency in swimming and other aquatic sports. In 1879 he became the first champion of the N.S.A., which was formed in that year. The race took place at Thorney on December 8th, and was the forerunner to a long list of successes for the Welney man, most of which the writer has had the good fortune to witness. The championship distance was then, as now, a mile and a half, but the turns numbered six, a number which has now been reduced to three. His best time was 6 mins. 2 secs. under the former conditions, but in the same race Jarman Smart, his brother, did better in his heat, his time in the second round being 5. mins. 56⅘ secs. "Fish" continued to hold his position against all comers until 1889, when once more the old saw, "youth will be served," was proved, for he had to give way to his younger brother, James, whose doughty deeds in this and other countries eclipse all those of his ancestors.

Unlike his uncle, James Smart was but sixteen when he commenced his racing career. The last of the family, he was born in 1865 in a cottage beside the Old Bedford River at Welney, and in his first race was beaten by his cousin, Isaac See, another son of "Gutta Percha" See, who with his brother George ran James Smart very close. From 1881 to 1887 practically no skating was possible in this country, and in the latter year it was quite evident there was still no one to approach James and George Smart, for speed. A fine, handsome fellow, James Smart looked all over a champion. Rather spare for a fenman he stands 5 ft. 10 ins., and then weighed between eleven and twelve stone. Many extraordinary times are said to have been accomplished in the olden days, men having been credited with covering a mile in two minutes and even less. The fallacy of these times was amply proved in 1881, when on January 20th, at Cowbit Wash, Mr. Neville Goodman offered £5 to George

Smart if he could skate a mile straight away with a flying start in 2 min. 40 secs. The ice was not good and "Fish," after a grand display, failed in his endeavour, as after ploughing through soft ice which would have brought any ordinary skater to a standstill, he covered the distance in exactly three minutes. Tim Donoghue, the American amateur, is credited with doing 2 mins. 12⅗ secs. with a strong wind behind him, this having been accomplished on the Hudson River on February 1st, 1887. James Smart has made several trips to Holland, and at most distances proved almost invincible. Amongst his best performances are: One mile (oval track), 3 mins. 0⅕ secs. at Liverpool, 1893; one mile (three turns), 3 mins. 8 secs. at Lingay Fen, December 24th, 1890; mile and a half (three turns), 4 min. 45 secs. at Swavesey, January 29th, 1895; two miles, 5 min. 49⅗ secs. at Christiania, February 8th, 1892; three miles, 9 min. 52⅖ secs.; at Lingay Fen, January 17th, 1887; ten miles, 35 min. 10 secs. at Hamar, Norway, 1891.

Since the first known amateur race in the Fens in 1823, there have been many fine performers on the "pattens" in the amateur ranks, but I have only space left to refer briefly to some of the better known of our later champions from Fenland since the regime of the N.S.A. Here again we find proficiency in the art running in families, the most prominent being the Lovedays and the Tebbutts. F. Norman, of Welney, who held the Amateur Championship from its institution in 1879 to 1886 was only called upon to defend his title twice during the seven years. The season 1888–89 was a great one for amateurs. W. Loveday, of Welney, who wrested the title from R. Wallis, his brother, J. Loveday, G. C. Tebbutt, W. Housden, and L. Tebbutt, all being in their prime. One of G. C. Tebbutt's best performances was at Amsterdam, where he skated forty miles in 3 hours 7 secs., and secured all records from twenty-five miles. Amongst present day Fenmen, A. E. Tebbutt, one of the smallest of skaters and also a well known cyclist, is the best amongst a number of good men and is still the holder of the Amateur Championship.

A POETICAL farewell to Dr. Warre appears in the *Eton College Chronicle*. Two of the verses run:—

Sir, you have ruled us well; your fame
Is in the forefront of our praise;
And Eton's honour bears your name
To far-off days.
You have been true to Right and Truth,
Great-hearted, gracious to the end;
Lover of Eton, lover of Youth,
Father and Friend!

* * *

YOUR task is to build a body that is a perfect mental engine. It may take you ten years to build it, but it can be built. Some day, no matter how weak you are now, you can be so strong that you will feel like Atlas, able to bear the whole world between your shoulders.—*Health.*

* * *

WE can heartily commend to all those interested in physical culture or education, the current number of *American Gymnasia and Athletic Record*. It is a most admirable production and reflects great credit on its staff. It is published from 19, Myrtle Street, Boston, Mass. Price 25 cents.

* * *

THERE is only one way to maintain the integrity of the body, and that is to daily take exercise that will replace the tissues that have been consumed by work.—*Health.*

Results of Physical Culture.

SOME INTERESTING BIRMINGHAM STATISTICS.

THE *Birmingham Daily Mail* recently published some most interesting facts with regard to physical training in the hardware city, from which we extract the following :—

"A good deal has been written from time to time concerning what is being done in the Birmingham schools to promote physical culture. Hitherto the public has had little opportunity of judging the results, which are in many respects exceedingly striking. In the gymnasium attached to the King Edward's Grammar School in New Street, which, by the way, is just on the point of attaining its majority, a very excellent system of physical exercise has been carried on under the direction of Mr. Hubbard, the physical instructor, and during the whole of that time a careful record has been kept of the physical development of the scholars, tested by weight and measurements, at frequent intervals. Records of a similar character, though differing slightly in detail and in the period at which the tests are made, are kept at every school under the Foundation, and in many respects they have proved of the utmost value. At the New Street gymnasium the record gives the age of each boy on entering, his height, chest, fore-arm, and upper-arm measurements, his weight, and his physical progress in all these particulars up to the time he leaves. At Five Ways the value of the record is increased by the fact that it deals also with the scholar's acuteness of vision and powers of hearing. Thus, in addition to affording an index to the muscular development of the boy, it enables the master to judge of his health, and often to warn parents of the necessity of obtaining medical advice concerning a physical defect or weakness that, if left to develop so far as to force itself upon the observation of the parent, would have less chance of being remedied. This alone is a sufficient justification of the care exercised in the compilation and preservation of the records. The scope of their usefulness, however, might be greatly extended if they were put into tabular form.

"A Remarkable Development.

"It is interesting, for instance, to observe from an individual record that a boy who entered the school when nine years of age and was last tested in May of the present year —when he was sixteen—had in the interval grown 1 foot $5\frac{3}{8}$ inches in height, expanded $11\frac{1}{2}$ inches in chest measurement, $3\frac{1}{4}$ inches in the fore-arm, and $4\frac{7}{8}$ inches in the upper-arm, and made an accession of 5 st. $10\frac{1}{2}$ lbs. But it would be much more so if tables were prepared showing the average rate of progress of the school. Some sort of a comparison was made several years ago with other schools in the kingdom, and at that time the only school which could boast of better results was Rugby. No comparative statistics, however, have been preserved. It was mentioned in the *Mail* some time ago that a system of anthropometric tests had been established in the day school of the Birmingham Municipal Technical School. From the records kept during the last three years, Mr. J. M. Jones, the headmaster, has compiled some very interesting statistics which he has kindly placed at our disposal. In many cases the boys who have been subjected to the tests have not been long enough in the school to furnish records which might be compiled into

reliable statistics. He has, therefore, excluded all the charts which do not include particulars of at least six periodical measurements. Up to the present Mr. Jones has not paid much attention to chest measurements. This, however, he regards as a very important test of physique, and in future he proposes to include in the records the chest measurement of each scholar, both with lungs fully inflated and deflated. In taking the weight Mr. Jones has not caused the boys to be stripped. For purposes of comparison he has, therefore, had to make a deduction for clothing. The allowance he has fixed upon is 5 per cent. of the total weight, which he thinks is a liberal and reasonable allowance, inasmuch as the boys when weighed are usually attired in gymnastic costume. Attention has previously been called to the fact that, while a youth may show a progressive increase in weight from year to year, there are periods during which there is often either an arrest of development or an actual decline consequent upon the changes of the seasons. It has often been observed on examination of the individual charts at the Technical School that a boy's weight has remained stationary during the winter months, but increased to an exceptional degree in the summer. This has led Mr. Jones to compile a special table of statistics dealing with fluctuations of weight. The result is to show an average increase of 6·8 lb. between the months of July and December. Between December and Easter the average increase is only 4·9 lb., while between Easter and the end of July the weight remains almost stationary, only the infinitesimal increase of ·1 lb. being shown. The effect of the seasons upon growth in stature is, curiously enough, almost in inverse ratio to the fluctuation in weight. As an eminent physiologist has observed: 'During the autumn and the beginning of winter a child accumulates weight, but the height remains stationary. At the commencement of summer the weight remains almost without change, but the infant shoots out in height like the trees.' The same phenomena are observable in some degree throughout the whole period of growth.

"How Games Affect Weight.

"The result of the comparison is to show that boys on entering the school, and during the first year of school life in the institution, differ very slightly from the average. From the age of 14 upwards the line representing the physical development of the scholars in the Technical Schools shows a steady divergence until the average weight of the scholar in the later years exceeds the normal by from five to ten pounds. This is not surprising when one has regard to the class from which the scholars in the Municipal Technical School are chiefly derived. Having obtained this result, Mr. Jones desired to go a little further and show, if possible, what effect participation in outdoor exercises has upon the physical development of the scholars. He, therefore, obtained from the captain of the school a complete list of the boys who to any extent took part in cricket and football. Mr. Jones then picked out the records relating to these boys and dealt with them separately. The result, as he had been led to anticipate by general observation, was to show that the average weight of these boys was distinctly heavier than the general average for the whole school. Mr. Jones, however, is careful not to jump to conclusions. That exercise stimulates physical development is, of course, recognised, but it is not possible to determine definitely from the data Mr. Jones has available whether the full measure of their superior weight is to be ascribed to their participation in outdoor games, or whether it may not be, as seems probable, that boys who are naturally gifted with superior physique show a greater inclination than their frailer brothers to indulge in manly sports. When it is stated that the weight of the boys included in the school captain's list exceeds by nearly a stone that of other boys in the school of similar age, one is inclined to suppose that both factors operate in the production of so striking a result. The average rate of increase from the

age of twelve years and six months to seventeen years and six months, is from 71 lb. to 126 lb., *i.e.*, 55 lb.

"The Height Test.

"As a test of physique height is of less importance than weight, the latter being affected by physical exercise to a much greater degree than the former. It is a well-known physiological fact, indeed, that persons frequently increase in height during illness, and this is confirmed by the periodical examination of the scholars which repeatedly shows an accession of stature when a boy has been kept away from school for some time on account of ill-health. The figures given under this head in Mr. Jones's statistics, however, are in many ways extremely interesting. They show the average height of the boys in the school at twelve years and six months to be 4-ft. 10-in., and a steady increase up to seventeen years and six months, at which age the average height is 5-ft. 8-in. In drawing up comparative statistics regarding height, Mr. Jones has been faced with a serious difficulty, owing to the absence of any properly recognised standard. There are several well-known standards for adults, but obviously these do not afford a fair basis of comparison. In this regard, too, nationality is an important factor. Many of the standards originate from German sources, and would, therefore, be below the English standard. Moreover, one has to bear in mind the fact that the average varies very considerably in different districts. So far as standards are available, the comparison is decidedly favourable to the boys in the Birmingham Technical School. At Boston High School, America, the average height of boys between twelve and fifteen years of age is 58·3 inches. According to a well-known authority the average for the British population between thirteen and fourteen years is 57·1 inches, whereas in the Birmingham Technical School the average is 59 inches. It would be interesting if tables could be given showing the ratio of weight to height. Here again, however, Mr. Jones has been confronted by the difficulty experienced in getting accurate information as to what may be regarded as the normal. So far as Mr. Jones's inquiries have gone there is no standard on which any reliance can be placed, but he is hopeful, in view of the increasing importance of anthropometric tests, that some standard may be arrived at."

With regard to the latter paragraph, it may be mentioned that some time since, Mr. Sandow, as the result of careful and extensive investigation, prepared a table of standard measurements of children which is embodied in his Anthropometrical Chart.

It is estimated that in Switzerland, out of a total population of 3,000,000, there are 50,000 men of all ages enrolled in athletic and gymnasium organizations, who take an active part in their exercises.

* * * *

Philadelphia boasts of a "Walk Up Stairs Club," the members of which, for health's sake, are pledged never to use lifts.

* * * *

In other words, success is proportionate to the vital force.

The more blood and brain and nerve power the intellect has to use its raw material to work up into the profession or occupation, the greater the success.

The vital forces are the capital to be invested.—*Health.*

National Physique.

DR. MACNAMARA'S SUGGESTIONS.

A TWO years' course of compulsory physical drill for young men is Dr. Macnamara's antidote to conscription. It is also his remedy for many of the evils brought to light by the Physical Deterioration Committee.

"The problem of physical training in the elementary schools," he explains, "is now on right lines. The proposal to establish compulsory drill is novel perhaps, but in time people will come to recognise its practicability.

"The present course of systematic physical training in the schools, it must be remembered, did not come all at once. When Lord Londonderry became President of the Board of Education he determined to make systematic physical training a compulsory feature of the elementary school curriculum.

"A 'Model Course of Physical Exercise' was prepared. In the characteristic British fashion the work was delegated to the War Office, and the result was a really ludicrous *réchauffé* of the recruit drill, part of the soldiers' red-book—about as thoroughly inapplicable and unscientific a compilation for the use of children as could be devised.

"The House of Commons," Dr. Macnamara continues, "naturally laughed it out of existence, and a Special Committee compiled the new 'Model Course,' which has now gone into the schools.

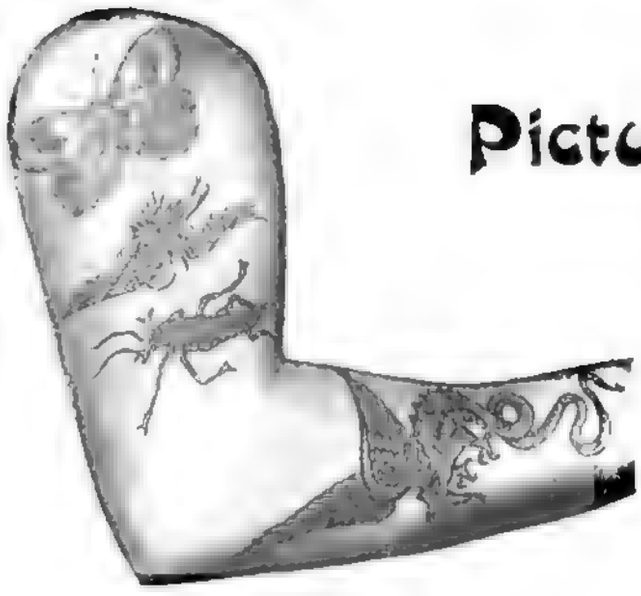
"Now, the 'Model Course' is admittedly excellent, but physical education must not end with the elementary schools.

"Systematic gymnastic instruction and scientific physical drill, I have always said, should be a prominent feature of all evening continuation schools.

"But now I will go further. I think every male youth between the ages of fourteen and twenty should be compelled to give at least two hours a week on two nights a week for two years to physical training under State auspices. Such training would include gymnastic exercises, and such formations as would be necessary for combined movements and training in the use of the rifle.

"The physically disabled would be granted exemption certificates by the Municipality, who would have the ordering of the State gymnasiums. Instead of stunted, undeveloped narrow-chested, neurotic people prone to disease, we would have healthy, well-set-up, and vigorous fellows.

"Physical training of this character would be the salvation of the race, mentally, morally, and physically; and in my opinion it is the one thing necessary in order that anything in the nature of conscription may be obviated."



THE ARM OF A WELL-KNOWN LADY FENCER.

Pictures in Human Frames.

AN INTERVIEW WITH MR. ALFRED SOUTH

By ALGERNON CLIFFORD.

SOCIETY tattooing has been very much *en évidence* lately, and the subject being a topical one and likely to be of interest to readers of SANDOW'S MAGAZINE, I looked up Mr. Alfred South, the well-known tattoo artist of 22, Cockspur Street, Pall Mall. I soon discovered he was a real enthusiast in his novel profession, and was somewhat surprised to find, during a long and extremely interesting conversation, that his best patrons are drawn from the middle class; next to these in numbers come the naval and military officers, though Mr. South's *clientèle* includes the "Smart Set" as well as the class which recently exchanged words with a famous preacher, and failed to gain the mastery.

Several books were produced for inspection containing hundreds of designs, all of which have been executed, and a cursory glance

MR. ALFRED SOUTH AT WORK.

convinced the visitor of the high standard of excellence, and a closer inspection revealed a very careful and minute attention to the smallest detail.

"Several clients have suggested extraordinary pictures," said Mr. South, "and in many cases hours have been devoted to research at the British Museum or South Kensington before I have asked my client to give me a sitting."

Quaint Egyptian sculpture or devices, suggestive of a bygone era on the Nile, costumes from the Land of the Rising Sun, extinct animals, sporting scenes, animals of every conceivable kind, fair damsels and a host of other figures appear in these volumes, each illustration carefully coloured to show exactly how it would appear were the background human and not cartridge paper.

ARM OF A FRENCH GENTLEMAN WELL KNOWN FOR HIS INVENTIONS IN MOTOR CARS.

"I use this needle, containing a special liquid paint," Mr. South continued, "attached to an electric battery, and vibrating at an extremely rapid rate, about 7,000 beats per minute. This needle penetrates the skin with thousands of minute punctures, and in each tiny cell a diminutive drop of colour is deposited.

"I employ the electric instrument for the outline of my design, but the delicate work is always done with a needle unaided by any mechanical power."

The demand for high-class artistic work in the tattoo vocation is keener than at any other period in my informant's long experience, and the beauty of the work is more appreciated in the twentieth century than in any preceding age.

"The operation is practically painless, mainly because of my special antiseptic treatment which I bring to my aid, and if the most nervous experience or imagine a slight

DRAGON TATTOED ON THE ARM OF CAVALRY OFFICER.
(*Copyright, A. South.*)

feeling of discomfort it passes entirely away after the first minute or two."

Illustration No. 1 represents the arm of a very well-known lady fencer, and is but one out of over 1,000 of the fairer sex who have graced the studio by their presence, and departed highly pleased with the result of their visits.

Mr. South is full of anecdotes and reminiscences :— "A certain lady of title, popular in society at the present time, had a complete sporting scene inscribed on her back. It depicted wild ducks falling before the sportman's gun, after a well-known picture. Another commemorated her affection for her dachshund by an order to paint the portrait of the dog on her arm. Another lady was a snake fancier, and beneath her silken stocking sleeps a snake, whose fangs, however, are harmless. A prominent member of the smart set came to have her husband's monogram placed over her heart."

DESIGN ON THE ARM OF A NORTH POLE EXPLORER.
(*Copyright, A. South.*)

Here was a pretty answer to the captious press critics who imagine every evil in each member of that section of society.

The question of complexion tattooing has been recently raised, and called forth an emphatic declaration from the artist.

"No, I will not under any conceivable circumstances undertake to tattoo the complexion. I have no desire to nullify nature, and besides, the nerves round the eye make the operation rather a risky one."

ARM OF ONE OF ENGLAND'S LEADING JUDGES OF BULL PUPS.
(*Copyright, A. South.*)

ARM OF WELL-KNOWN NAVAL OFFICER.
(*Copyright, A. South.*)

Men, as well as women, prefer the arm as the special territory of the tattooist.

"Oh, yes, other parts of the body are some-

times chosen. A well-known public man had a belt, 42 inches by 2½ inches, made to encircle his waist. The design was allegorical and the royal coat of arms was placed in the centre. His satanic majesty is favoured by a few, all, needless to say, of the sterner sex. He is represented in various attitudes, in varied hues; indeed, a certain officer very popular in country houses north of the Trent had the devil playing the fiddle to a lady pricked into his skin. Some months later he returned to my studio, and stood at attention whilst the funeral of Heaven's lost angel was emblazoned on his capacious chest."

ARM OF A DASHING HUSSAR OFFICER.

(Copyright, A. South.)

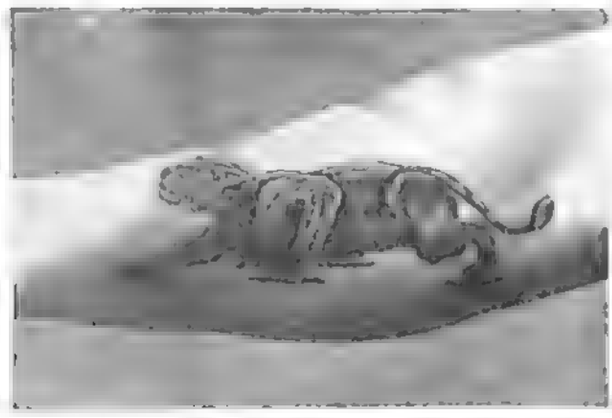
The artist has some amusing anecdotes; one must suffice:—

"A lady sent eleven admirers at various times to me to have her name engraved on their hearts. Sad to relate, not one of that large company married her, and more than half of them returned to have the offending name expunged."

A certain commercial gentleman has the facsimile of his signature on his arm, and, travelling abroad, convinces strangers of his identity.

It should be stated that the illustrations have been specially selected for SANDOW'S MAGAZINE, and show the reader the excellence and accuracy of the work emanating from the Cockspur Street studio, but our readers must remember that it is impossible to produce a photo that will do ample justice to the actual tattooing; the fine detail and exquisite colouring is, of course, absent, and in this respect the pictures do not quite represent the work the West End artist turns out.

Mr. South is contemplating a tour to the various European capitals to fulfil several engagements, and speaks several Continental languages fluently. In reply to a final question, the information was vouchsafed that over 4,000 letters are personally dealt with every year, and distinctly denotes the magnitude of the business.



ARM OF A WELL-KNOWN POLO PLAYER—AFTER MR. DICKSEE'S CELEBRATED PICTURE.

(Copyright, A. South).

The World's Champion Wrestler.

HACKENSCHMIDT TELLS WHAT HELPS HIM.

The World famous Young Wrestler confesses that the severity of his training, and the strain of his wrestling bouts made him feel run down to the point of actual weariness and lassitude. Evidently a strong man is as human as the rest of us, for Hackenschmidt tells us he suffered at times from Neuralgia, and it is interesting to note that he cured himself of his Nerve Disorders and Lassitude by a course of the well-known tonic Phosferine.

Of course, the fame and supremacy of this renowned young Athlete depend upon his being in perfect health, *and he himself says that he keeps his system in splendid condition by an occasional dose of Phosferine.*

Plainly, if Phosferine can do so much for a man *whose business it is to be well*, it will do *much more* for the average man, woman or child who does not enjoy such splendid vitality as the famous young Champion.

Mr. G. HACKENSCHMIDT writes:—

"I have been so delighted at the wonderful results derived from taking Phosferine that I have much pleasure in giving you this unsolicited testimonial. Owing to the continued strain of wrestling three or four times nightly for the last eighteen months I got very much run down—lassitude, and a general feeling of weariness I consequently decided some few weeks back to take a holiday in Germany; the change did not seem to do me much good, but whilst in Berlin a friend of mine told me to try Phosferine, I followed his advice, and found it a splendid tonic, a few bottles soon restored me to my old form. In Neuralgia I have also found it exceedingly valuable. *Strong* men, you see, have their troubles as well as others. I am very grateful that your remedy was brought to my notice, as it has certainly proved an invaluable help to me, you will therefore understand how I value the remedy. I shall not fail to recommend it to my friends. You can use this if you see fit, as I consider Phosferine is a Champion remedy and cannot be too well known."—Sept. 9th, 1904.

PHOSFERINE

The Greatest of all Tonics.

A proven remedy for

Neuralgia.	**Nervous Prostration.**	**Nervous Dyspepsia.**
Anæmia.	**Palpitation.**	**Brain-Fag.**
Depression of Spirits.	**Faintness.**	**Impoverished Blood.**
Rheumatism.	**Loss of Appetite.**	**Impure Blood.**
Sciatica.	**Mental Exhaustion.**	**Sleeplessness.**
Indigestion.	**Premature Decay.**	**Exhaustion.**
Nervous Debility.	**Melancholia.**	**Influenza.**
Backache.	**Stomach Disorders.**	**Headaches.**
Lassitude.	**Nervous Ailments.**	**Hysteria.**

and all disorders consequent upon a reduced state of the nervous system.

The Remedy of Kings

Phosferine has been supplied by Royal Commands

To the Royal Family.	H.I.H. the Grand Duchess Olga of Russia.
H.I.M. the Empress of Russia.	H.R.H. the Crown Princess of Roumania.
H.M. the King of Greece.	H.I.H. the Grand Duchess Serge of Russia.
H.M. the Queen of Roumania.	H.R.H. the Grand Duchess of Hesse.
H.I.M. the Dowager Empress of Russia.	H.I.H. the Grand Duchess Xenia of Russia.

And the Principal Royalty and Aristocracy throughout the World.

Proprietors:—ASHTON & PARSONS, LIMITED, 17, Farringdon Road, London, E.C.

Bottles, 1/1½, 2/9, and 4/6. Post free, 1/3, 3/-, and 4/9. Sold by all Chemists, Stores, &c.

The 2/9 size contains nearly four times the 1/1½ size.

SPORTING PATENTS.

In response to many requests, we have pleasure in announcing that we have made arrangements whereby each month we shall be able to place before our readers a Complete List of Patents relating to all Sporting Appliances.

This List of Sporting Patents is specially prepared for SANDOW'S MAGAZINE by Mr. C. F. Ennis, Registered Patent Agent (by Examination), of Jessel Chambers, 88, Chancery Lane, London, W.C., from whom all further information relating to patents may be had on application.

List of Applications for Patents during October, 1904 :—

21,149. H. F. Harvey, Birmingham. Targets.
21,154. H. Purdie, Halifax. Mechanical device for recording strength of stroke delivered to a golf ball.
21,230. G. B. H. Austin, Victoria, Australia. Wind gauge, &c., for rifles.
21,262. C. and O. Wyers and A. Smith, Birmingham. Fish hooks.
21,269. R. Raitt, Dundee. Tripod stand for golf balls.
21,487. F. Labiaux, London. Sights for small arms (complete specification).
21,511. W. Pember, Birmingham. Billiard scorers or markers.
21,570. S. Swift, P. H. Haddleton and R. Collins. Manufacture of balls for games.
21,604. H. Lester and W. Brundrett, Newport, Mon. Footballs.
21,736. A. Walker, Johannesburg. Starting gate for horse-racing.
21,797. G. B. Austin, Victoria, Australia. Verniers, &c., for rifles.
21,853. The Albert Ladie Chain Co., Ltd., and E. Warner, Birmingham. Device for holding golf balls during repainting, &c.
21,935. J. H. Roger, Glasgow. Golf, &c., balls.
21,952. Sir A. Altman, London. Mallets for playing croquet, golf, &c.
22,007. W. E. Crawshaw, London. Golf clubs.
22,020. F. S. Rippingille, H. G. Mason and H. Martin, London. Appliance for chalking billiard cues, &c.
22,147. H. O. Clarke and J. W. Weeks, London. Handles for racquets, bats, &c.
22,182. F. L. Jones, Wolverhampton. Billiard table.
22,184. W. L. Purves, Wimbledon. Method of uniting the shafts and heads of golf clubs.
22,220. J. R. Brown, Glasgow. Appliance for use in the holes of golf putting greens.
22,251. W. P. Wethered, London. Arches used in croquet and like games.
22,332. P. E. Droop, London. Balls for tennis, &c., and their manufacture.
22,337. H. L. Bock, London. Sights for fire arms.
22,388. F. Westwood, Moxley. Hockey sticks, cricket bats, &c.
22,492. W. C. Gaudin, Scarborough. Device for facilitating instruction in the game of golf.
22,514. Sir W. Altman, London. Arrows for archery, &c.
22,639. C. S. Snell, London. Billiard cues.
22,763. J. Atkinson, Marple. Manufacture of hollow, thin metallic balls for golf, &c.
22,778. W. T. Lemon and P. W. Martin, Liverpool. Time-saving racing index (complete specification).
22,796. F. W. Croucher, London. Muscle-exercising apparatus (complete specification).
22,851. W. F. M. Groome, London. Scoring device for billiards, &c.
22,867. A. G. Bessemer, junr., Wimbledon. Fishing reels.
22,887. I. Mellert, Liverpool. Gun-lock for fire arms (complete specification).
22,936. A. D. Strettell, Surbiton. Golf putter.
23,002. H. F. Oblette, London. Fishing reels.
23,516. G. B. H. Austin, Victoria, Australia. Vernier ventometers, traversing ladders and wind gauges for rifles.
23,517. Ditto.

List of Specifications published during October, 1904 :—

20,180 of 1903. W. P. MacBride and M. St. John Maule, Bath. Shafts and sticks of golf clubs.
22,950 of 1903. W. Lock, senr., Clewer, near Windsor. Cartridge cases.
24,432 of 1903. F. Clarke, Birmingham. Slugs or pellets for air guns.
24,776 of 1903. R. L. Kenton, Birmingham. Fishing reels.
24,834 of 1903. F. W. Brewster, London Golfing irons or clubs.
25,673 of 1903. W. Watkins, Streatham. Composition applicable for coating handles of golf clubs.
25,809 of 1903. A. M. Lermit, Birmingham. Bags for carrying golf clubs.
26,178 of 1903. L. J. Bingham, London. Exercising glove, or hand developer.
26,522 of 1903. C. A. Richardson, Rochdale. Billiard and similar table pockets.
537 of 1904. The Dunlop Rubber Co., Ltd., and J. W. Worthington, London. Inflatable playing balls.
2,816 of 1904. G. V. de Luca, London. Golf and similar balls.
9,008 of 1904. G. A. Peters, Canada. Self-registering electrically operated sectional targets.
16,731 of 1904. S. E. Sams, London. Kicking pad for football boots.
19,059 of 1904. W. H. Pike, Manchester. Targets.

SANDOW'S 2d. WEEKLY MAGAZINE.

TO OUR READERS.

HAVING recognised that with the great growth of physical culture of late a more frequent source of intercourse amongst the devotees is alike desirable and necessary, it is our pleasure to announce that, commencing from the 1st of January, we have decided to issue the Magazine weekly instead of monthly.

The step has not been taken without mature consideration, and after repeated applications by many of our subscribers of old standing.

We have striven for years in aid of the cause of physical education, and though much has yet to be done, it is gratifying to feel that the demand for such a publication as that comtemplated should have, at least, been recognised by the public, who we trust will give us their hearty support in this great undertaking.

In order that this Magazine may appeal to a larger field, it will be published at **Two-Pence Every Thursday,** and though converting the Magazine from a sixpenny monthly to a twopenny weekly will necessarily involve a vast amount of additional work, this will be readily undertaken by the large additional staff that we have gathered around us.

The policy of the Magazine will be as heretofore, the improvement of the physique of the nation being the primary object, but the subjects touched upon will appeal to a larger number of readers interested in both physical culture and sport.

To our many subscribers in all parts of the world (for there is not a country that we do not send to from month to month), we thank most heartily for your past support, and most earnestly solicit your assistance by introducing the Magazine to new readers, and so enable us to make our Magazine, in its new form, a complete success, for it is only by your co-operation that this can be done.

The interest which we found exhibited during our recent travels only proves to us the necessity for this fact to become known to enable the Magazine to be a greater success than it has been before.

Should there be any difficulty in obtaining the Magazine, all communications addressed 131, Temple Chambers, London, E.C., will receive immediate attention

We may also add that any contributions which may be appropriate to the Magazine will be heartily received, and if accepted for publication, will be paid for at the usual rate.

In view of the increased number of issues, the amount of the annual subscription will have to be increased accordingly, and after January 1st, 1905, the amount will be 10*s.* 6*d.* and 5*s.* 6*d.* post free per twelve and six months respectively to all parts of the world.

Those subscribers whose names are still on the books will continue to receive the Magazine until their period of subscription has run out in the ordinary course.

Thanking one and all for your various endeavours, we feel that the success of our new edition may safely be left in your hands.

Physical Education and School Games.

A LARGE company foregathered in the lecture theatre of Leinster House, Dublin, a few days since, under the auspices of the Dublin Education Society, to listen to an interesting and instructive lecture given by Miss A. G. Studley on "Physical Education and the Organisation of School Games." The first point in the paper was the need of physical education for children. According to Miss Studley the average modern child was generally deformed in some way or another. In fact, 90 per cent. in England, 95 per cent. in Scotland, and nearly 99 per cent. in Ireland were physically deficient. They had round shoulders, abnormally curved spines, unduly hollow backs, flat chests, heads poked forward, crooked legs, weak ankles, and other shocking and unsightly malformations. In fact, when referring to two diagrams illustrating the incorrect and correct postures, Miss Studley asked the members of the Society if they had ever seen a proper child! Now, this was a very discomforting state of affairs, and likely to cause the liveliest consternation in the bosoms of matrons in the British Isles. In an agonised chorus they would ask what means should be taken to remedy the particular defects which afflict their darling children. And this was precisely the question which Miss Studley set herself to answer that night. It appeared that the system of training children generally in vogue was all wrong. They were drilled in classes without regard to age or physical capabilities. They were put through a senseless, and often harmful, course of exercises, to the jingling accompaniment of a cottage piano. They were made to use heavy dumbbells, Indian clubs, and barbells, all of which were anathema to Miss Studley, and in their games there was no proper restriction as to the length of time devoted to them. Many children were allowed to begin such recreations as football, hockey, cycling, etc., when far too young, and there was a tendency to turn school games more into a duty than a pleasure. Then, again, the mental capacity of the child was often overstrained, with a corresponding deterioration of the body. For instance, a child went to school at half-past nine or ten o'clock in the morning. He had a light lunch at twelve or one o'clock, and got home about four, bringing with him a bagful of books for his evening preparation. Unless he was an abnormally strong child he was much too tired to take any interest in or properly digest his food, when he got it. All doctors agreed, said Miss Studley, that the meal in the middle of the day should be the principal one, and this was just what many children could not, or did not, have. One of the evils to be combated against, therefore, was insufficient nourishment. Clothes, too, were an important and often little-considered factor in the making or the marring of the child. The garments of growing children were frequently made so tight that it was impossible for the chest to be expanded to the full or the shoulders properly thrown back. Another point was the very heavy burden of books which the children generally had to carry to and from school. The weight of itself was not necessarily harmful, but it was the way it was carried that did the mischief. The books were put in a satchel and the satchel was slung over one of the shoulders, and it was

invariably the same shoulder. What happened? The constant strain caused one shoulder to become higher than the other; whereas if the German type of satchel were used, which hung from both shoulders, no damage would be done. This was a brief summary of the numerous causes which went to make the one great and deplorable effect—nearly ninety-nine per cent. of the children in Ireland were physically wrong somewhere. Miss Studley advocated the adoption in all schools and gymnastic training colleges of a system whereby weak children were not forced to go through the more arduous exercises, but were gradually trained until they were fit to take their place amongst their stronger companions. Miss Studley deplored the present fairly general lack of supervision in school games, and gave it as her opinion that if they were to be of any real benefit these games should be regarded as recreation, and not work, and above all things should not be overdone. As regards schoolwork, her attitude may be summed up thus. Less home-work, a good meal in the middle of the day, and a fixed time every day for gymnastic exercises under a capable teacher. When the parents of our children can be brought to look more carefully into these things, then, and not till then, may we hope for some improvement in the physical conditions of the race.

C. B. FRY'S
LATEST TIP TO
ATHLETES.

"I can with complete confidence
"recommend
BARLEY WATER
"made from

Robinson's
Patent Barley

"as a drink very valuable to
"Athletes during training, and
"to anyone engaged in severe
"physical exertion."

(Signed) C. B. FRY.

(*Vide* letter 3rd September, 1904.)

JIU-JITSU

柔術學校

The Japanese National System of Training.

For over two thousand years the principles of JIU-JITSU have been religiously guarded. By an Imperial edict the teaching of the system was forbidden outside of Japan. The friendly feeling, however, existing between Japan and this country has been instrumental in releasing JIU-JITSU from its oath-bound secrecy, and all its secrets are now being revealed to English speaking people for the first time by Mr. Y. K. Yabe, formerly of the Ten-Shin Ryu School, who has formulated a correspondence course in Jiu-Jitsu which is identical with the course taught in the leading school of Japan.

First Lesson Free.

An interesting book explaining the principles of JIU-JITSU, has just been written by Mr. Yabe. This book, together with the first lesson in the art, will be sent free to interested persons. The lesson is illustrated from photographs, and shows one of the most effective methods known to Jiu-Jitsu for disposing of a dangerous antagonist. Write to-day for this free book and sample lesson. They will be sent you by return mail, post paid. Address, using a penny postcard or 2½d. stamp, The YABE SCHOOL OF JIU-JITSU, 21 H, News Bldg., Rochester, New York.

Are Athletes the Best Scholars.

DR. ARABELLA KENEALY has been obtaining some cheap notoriety by making the statement that "there is no more stupid person than your man or woman who excels in "games." That such a remark hardly requires refuting need scarcely be said, but the experiments recently made at the Birmingham Technical School will go far to convince the sceptical. It should be mentioned that in some of the Continental schools some very interesting experiments have been carried out in recent years with the object of ascertaining the progress of physical development amongst the scholars, and a comparison of the results with the intellectual attainments of the pupils has led to important discoveries, which should afford considerable guidance to headmasters in the arrangement of the school curriculum best adapted to the achievement of the highest object of all education, namely, a sound mind within a sound body. The experiments consist chiefly of systematic anthropometric tests whereby the progress of the pupil's physical development is exactly ascertained by regular weighing and measurement, a comparison of the results with those shown in the purely intellectual departments of the school, and the regulation of the purely scholastic work of the pupil, according to the improvement or deterioration of physique which the tests may reveal. To a large extent this system of anthropometric tests has been carried out for some time past by the headmaster of the Birmingham Technical School. Every boy is weighed and measured on entering the school, and at regular periods afterwards, and a complete record is kept of each boy's physical progress, together with any other observations that may assist the master in the object he has in view. So far as it has gone the experiment has shown some very interesting general results.

One of the most important is that boys who are growing very rapidly suffer a proportionate loss of mental activity. Consequently, it is considered desirable that there should at this period be some relaxation in regard to their studies. The mental and physical balance should be kept in equilibrium. "This," says the headmaster, "can be attained by proper attention being given to physical exercise. The best means of counteracting the effects of rapid physical growth on the mental faculties is to take plenty of outdoor exercise. For this purpose I am convinced that the physical exercises in the school are not by any means as valuable as exercise in the open air. I am a big believer in the playing field as an adjunct of the school. I could show you many examples of boys who are dull during the period of rapid growth. Other boys, on the contrary, suffer no loss of mental activity at that period, but they are invariably the boys who go in for vigorous outdoor games. The day school has this year, for the first time, carried off the Priestley scholarship, and the winner is one of our best athletes. On the other hand, the second boy is not so well developed physically. But, as a general rule, those who play at cricket and football never show the same loss of mental activity as those who take no part in outdoor games. There are many boys who are well up in their class because they devote time to study which should be given to physical exercise, but I think they always suffer in the long run." It is interesting to note that boys who gain steadily in weight at other times of the year almost invariably fall off in the summer months, while those who have been absent for some time on account of illness generally show on their return an increase in height, though, maybe, a substantial decline in weight.

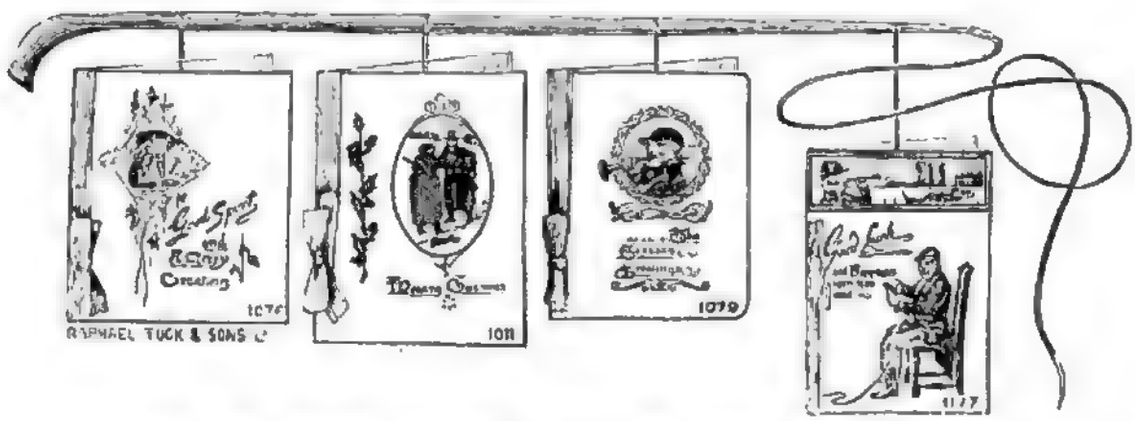
Reviews.

MESSRS. RAPHAEL TUCK & SONS' PUBLICATIONS.

AT this season of the year the manufacturers of novelties vie with each other for the production of some new feature likely to attract those anxious to present some souvenir to their friends. In this respect Messrs. R. Tuck & Sons stand out very prominently, for they are ever to the fore with the best of everything in their particular line, which embraces picture post-cards, calendars, books, etc., and in this they have few, if any, equals. No expense is spared by them to place before the public the very best of everything, and that they succeed in their efforts is amply proved by the quality of their goods for the coming festive season and the New Year. They appeal to every class and branch of the community, and the work is of such excellent quality as to appeal at once to all with an artistic eye. To readers of this magazine their sporting series will, no doubt,

THE SPORT PARCHMENT SERIES

THE SPORT SERIES.



SOME OF MESSRS. RAPHAEL TUCK AND SONS' PUBLICATIONS.

appeal most, and in this department variety is almost endless. Some of the calendars for 1905 are particularly charming, and a rough idea may be formed of their attractiveness by a glance at the drawings which appear on this page.

MEDICAL INDOOR GYMNASTICS, by Dr. M. Schreber.

The author of this well-compiled work hits the right nail on the head when he says that "It is a surer method, more fruitful of results, and more worthy of a man to develop and to *earn* health as far as possible by personal activity than, when it is lost, to *look passively* to nature or to drugs to bring about its slow return." Dr. Schreber goes largely over the same ground as we have often trod in these pages with regard to curative physical culture; in fact, all his remarks are practically an endorsement of the contentions made by us for many years past, and the suggested exercises also go a long way to prove that the author is in touch with the Sandow system.

A Dozen Plain Dinners Plainly Cooked.

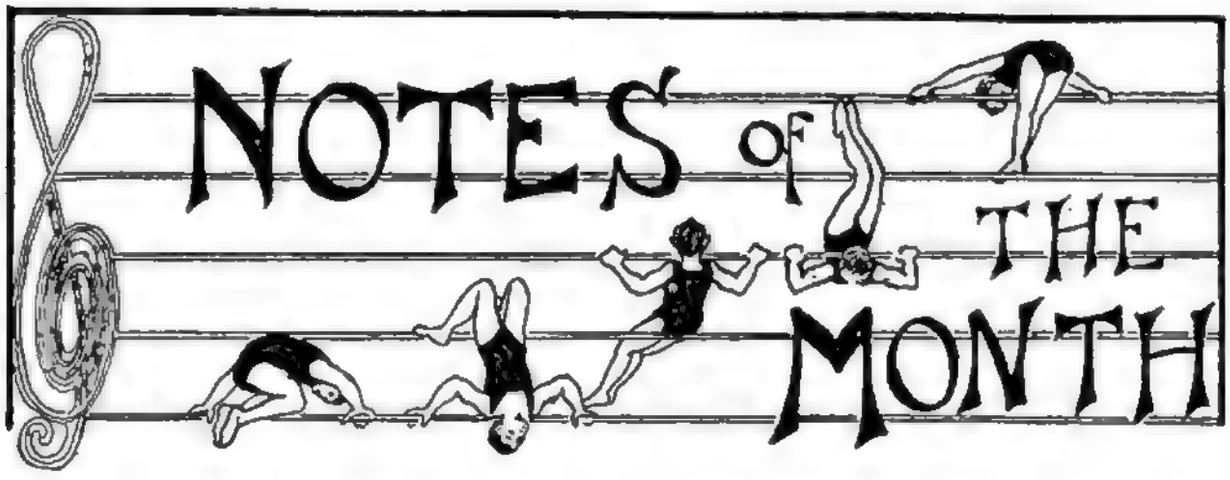
This little treatise, written by Alice Braithwaite, and published at 3d. by the Vegetarian Society, Manchester, is written with a view to helping towards the attainment of a uric-acid-free diet, and apart from the policy of the publication, it contains much valuable information.

American Gymnasia and Athletic Record.

The third number of this excellent production, which is published at 25 cents by the American Gymnasia Co., Boston, Mass., maintains the standard of excellence of its predecessors, and should be read by all who take an interest in physical culture and education.

Year Books.

Messrs. Adam & Charles Black, of Soho Square, W., again introduce their splendid series of year books, which for careful compilation and completeness cannot be beaten. As a biographical dictionary "Who's Who," which is published at *7s. 6d.*, is a compendium of absolute necessity in almost every business-man's library. This year's issue contains over 17,000 biographies, every one of which has been submitted for personal revision. It is well-styled "The 'Debrett' of the Intellect," for its 1,800 pages contain practically everybody of any note at all. Another most useful publication is "The Englishwoman's Year Book and Directory." It contains a wonderful amount of valuable information relative to women's professions, trades, employments, sports and pastimes, &c., in fact, everything that even the most versatile of modern women may desire to look up. It is very cheap at the published price, *2s. 6d.* The Year Book, also published by Messrs. Black at one shilling, also supplies a host of useful information of all kinds; and we can heartily recommend these publications to our numerous readers.



Death of a Famous Wrestler.

The death of John Graham, late of Carlisle, which took place last month, removes another of those brilliant wrestlers contemporary with Jameson, Wright, Noble, Ewbank, Ralph and Tom Pooley, William Rickerby, and Wm. Blair, of Solport Mill. John Graham, who was 59 years of age, came to reside in London in 1864, and won the 9½ stone and the 11 stone prizes in 1866 at the Cumberland and Westmorland Good Friday's sports, held at the Agricultural Hall. He won the 11 stone prize again in the following year, and wrestled second to John Thompson, of Penge, in 1868. Indeed, few wrestling gatherings were held in London during his ten or more years' sojourn in which he did not gain a prize. One of his trophies of which he was justifiably proud was the "Emperor's Cup," which he won in the presence of the Emperor Napoleon III and the Prince Imperial at Chislehurst, his old friend Walter Armstrong taking second honours. As a middle-weight wrestler he was never equal to the Pooleys, Wm. Rickerby, Jim Scott—the prince of middle-weights—or Ben Cooper, of Carlisle; consequently neither he nor his brother George, also a good performer, ever held the 11 stone championship, but at 10 stone weight Johnny Graham, as he was called by his intimates, took a lot of "felling." His remains were interred in Gateshead Cemetery in the same grave as his wife, who died some three years ago.

Physical Training for Women.

There can be no doubt (says the *Practitioner*) that the women of the upper classes in the present day take much more physical exercise and use their muscles more than those of bygone generations; and this fact is often pointed to as a hopeful feature, as tending to the production of a more vigorous race. Yet some medical men hold that advanced muscular development is unfavourable rather than beneficial to married women. Probably the middle course is here as elsewhere the best. A moderate amount of exercise tends to promote health in all directions, while undue indulgence in athletics is bad for both man and woman. But if the dangers of athleticism are as above suggested in the case of women, then we think that those members of the profession who are specially conversant with these matters should point out the risks in no uncertain language, so that parents of girls may at least know the real effects of that physical exercise upon which the spirit of the age seems to set so great a store.

Childhood Society Lectures.

At the inauguration of the sixteenth course of public lectures given under the auspices of the Childhood Society, the chair was taken by Sir S. Lauder Brunton, M.D.

"Physical Deterioration" was the subject chosen for the discussion, which was opened by Mr. E. W. Brabrook, C.B., F.S.A., who

pointed out how an increase of population must lead to deterioration, since it too often implied an increase of sickness. Evident as our improved conditions in sanitation might be, the probabilities in favour of improvement were balanced by the probabilities of deterioration.

Mrs. A. Watt-Smyth dealt with the question of the feeding of infants and school children, which she said was "the question of the day," and asserted that the cooking and eating of dinners should be as much a matter of routine as reading or writing.

Dr. Robert Hutchinson admitted that the food question was all-important, and he especially enforced the necessity of studying carefully and scientifically the feeding of infants. He deprecated a one-sided dietary, especially recommending that the consumption of white bread and tea should be discouraged in favour of porridge and milk.

* * *

At a succeeding gathering, Dr. Macnamara, M.P., said :—

"Speaking broadly, eighty per cent. of the working-class children were never so well off as they are to-day. The other twenty per cent. are probably no worse off than they were thirty years ago, though probably in the great cities the need for better housing accommodation is more pressing now than it was then.

Then the hon. Member, pointing out that in most big towns children go to school improperly fed, outlined his proposals to effect a remedy. He was wholly against relieving parental responsibility.

He proposed that elementary schools in the poorer urban areas should be scheduled, and a dining-hall attached to each group. Books of dinner coupons would be issued. Parents able to buy the books would do so; those unable to do so would be supplied with them gratuitously. At midday the children would march to the central dining-hall and have a good meal.

As to ways and means, he would rely on voluntary contributions, sale of coupons, and special aid grants from the Exchequer, the deficiency to be made up from local rates. In London a halfpenny rate would be a generous provision.

Dr. Macnamara saw no objection, under certain conditions, to free tram-rides and free baths. "All this, I am afraid, sounds like rank Socialism," he said; "but I know it is also first-class Imperialism"

* * *

Aldershot.

Dear Mr. Editor,

In forwarding photo and measurements for the interest of your readers, I may state that I have been using Sandow's developer for three years. I have also been through a course of physical culture. My measurements are as follows :—

Weight, stripped	...	12 st. 5 lbs.
Height	...	5 ft. 10½ ins.
Neck	...	15½ ins.
Chest	...	43 "
Chest expanded	...	46 "
Biceps	...	15¾ "
Forearm	...	13½ "
Waist	...	29 "
Thigh	...	23 "
Calf	...	15¾ "

Yours, &c.,
J. Wilson, Lance-Sergeant.

Deterioration in France.

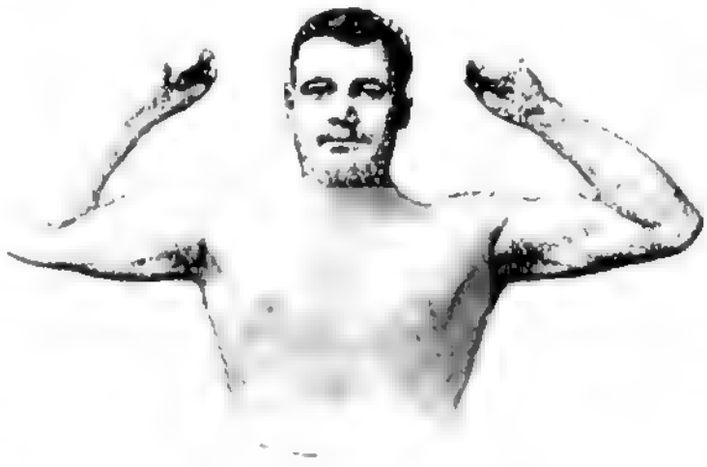
When we hear so much concerning the decline of the national physique it is perhaps some consolation (says the *Manchester Guardian*) to know that our neighbours in France are also alarmed at the falling-off in the length and girth of the present generation.

The soldiers whom Marlborough vanquished were of the minimum height of 5 ft. 7½ ins., and the average height was 5 ft. 8 ins.

In the reign of Louis XV. the height was reduced by two inches, and the drain on the population by the Napoleonic wars was accompanied by further decline, the height for enlistment falling to a fraction of an inch over five feet.

After the peace the standard was raised to 5 ft. 1½ ins., but it has been reduced to its present standard of 5 ft. 1 in.; and although the military authorities have made many efforts to raise the minimum, it has been found impossible to do so on account of the large number of conscripts that have to be rejected even on the present low measurements.

The army medical authorities, both of France and Russia, however, find that a man's height has very little to do with his fighting ability or power of endurance.



A FINE DEVELOPMENT.
Lance-Sergeant J. Wilson (2nd Royal Fusiliers).

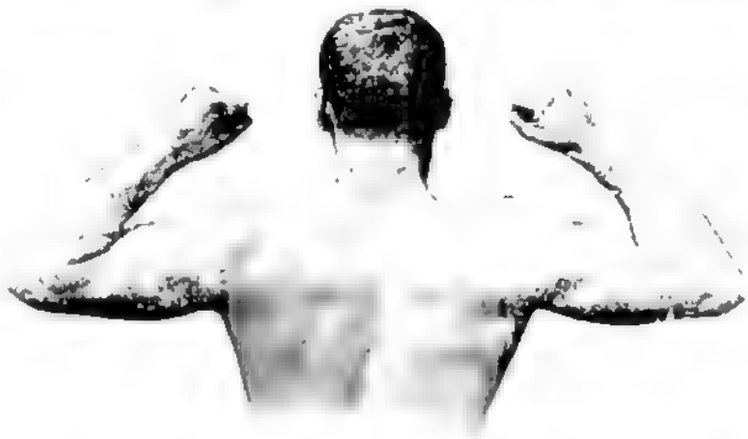
It is a well-proportioned individual who is invariably the strongest and healthiest.

IDEAL PROPORTIONS.

The ideal Western European, it seems, should measure 5 ft. 8 ins. in height, have a chest measurement of 36 ins., and weigh 154 lbs. If he is taller or shorter his weight and his measurements should vary in exact proportion.

* *

The Leeds Society of Physical Culture and Health has opened the third winter session at the Kirkstall Road Baths, under most auspicious conditions.



LANCE-SERGEANT J. WILSON.

National Eugenics.

A research fellowship of the annual value of £250 has been founded by Mr. Francis Galton, F.R.S., to promote the study of "National Eugenics."

The object of the research is to discover by what methods the physical and moral qualities of future generations of the human race can be improved.

The selected candidate, whose name will shortly be announced, will be expected to devote the whole of his time to the study, and to submit an annual report of the conclusions at which he may have arrived.

Mr. Galton's name is best known through his investigation of the laws of heredity, and his invention of a practical system of finger-print identification.

* * *

A writer in the *Star* comments on the above as follows:—

"I see that London University has accepted an offer from Mr Francis Galton to endow a fellowship for 'National Eugenics,' eugenics being described as 'the agencies under social control that may improve or impair the racial qualities of future generations, either physically or mentally.' Personally, I should have called it 'National Sandowics.'"

* * *

Dr. Ellicott, the Bishop of Gloucester, who has announced his intention of retiring

at the ripe old age of eighty-five, is a really wonderful personage. Despite his great age he to this day rides a tricycle, and plays a good game of billiards, while he was almost seventy when he crossed a difficult Alpine glacier alone in a snowstorm, and at dinner the same evening treated his feat as a mere joke. He is supposed to possess a gold badge which entitles him to travel free on any railway in England. This is rather an exaggeration, however. What he does possess is a silver badge available on the Great Eastern Railway between London and Cambridge. It was presented to him in recognition of the bravery with which he administered spiritual consolation to a victim of a railway accident, although both his own legs had been broken, too.

* * *

Lower Edmonton, N.

Sir,—I have studied physical culture since I was 16, and am now 24.

I am certain that if the whole nation took it up, and made exercise as necessary to the day's routine as their meals, we should be healthier, stronger and happier, individually and as a nation. The strides that physical culture has made during the last few years is absolutely wonderful, yet we want to drive it home to everyone. At present there are too many scoffers, who consider they can get on just as well (or better) without exercise. That they speak from ignorance we know, but how are they to be convinced?

I think that the method, showing pupils' photos in the magazine as good as any, but there are others who say that these are only a few exceptional cases. These people can only be taught with time and patience. When they see friends who have taken it up beginning to broaden out, and looking healthier and stronger, then they begin to realise the fact that there must be something in it.

Of course, there will always be some who can never get out of their lazy ways and pluck up sufficient energy and will power to stick to it sufficiently long to see any good in it.

Despite these people, I firmly believe that in years to come England will, as a nation, be as strong physically as they are supposed to have been centuries ago. Yes, as splendidly developed as the ancient Greeks were!

When this time comes, Mr. Sandow will be spoken of as the pioneer of the greatest movement of the times.

One looks at all the books on health and strength now on the bookstalls, and one can only remember that it was Mr. Sandow who gave the impetus which made it a national affair.

I do not admire "Sandow" for his strength only—there are other strong men, all near the top of the tree—but for his efforts and for his evident earnestness in endeavouring to provide for the nation's want, and the way in which he roused up thousands to look to their bodies as well as brains, the introduction of physical culture into schools, the army, &c.

Few individuals followed exercise years ago as they do no, and this in itself is a sign that things are improving.

I am forwarding you a photo of my uncle, who is nearly 60 years of age (Mr. W. Barnes).

Three or four years ago he suffered from chronic indigestion and heart troubles (weak heart). I persuaded him to start physical culture, and now, though getting on in years, he feels nothing of his old troubles, and can tussle with anyone.

Another chum of mine has increased in two months as follows:—

Biceps	...	12¾ ins. to 14 ins.
Chest	...	35½ „ „ 37½ ins. (expanded 39½ ins.)
Neck	...	14½ ins. to 15 ins.
Thigh	...	21 „ „ 21¾ „
Calf	...	14 „ „ 14½ „
Forearm	...	11½ „ „ 12 „

Wishing you every success.

Yours, &c.,

FRANK E. DORCHESTER.

* * *

The Alnwick Physical Culture Society, which meets at the Plough Hotel Assembly

Rooms four days a week, wants more members. Mr. J. Wardhough, the hon. sec., will gladly furnish any information.

Physical Training in Surrey.

The Surrey Educational Committee in their report recommend the issue of a circular seeking information as to the physical training given in the schools; also that the attention of the Higher Education Committee be called to the circular and syllabus of physical training, and that such committee be asked to co-operate with the Elementary Committee in instituting, from the commencment of the next financial year, a system of physical training, instruction and inspection throughout the county, and that in the meanwhile the committee be asked to arrange with the Board of Education, or any association providing the same, for the service of peripatetic instructors as and where required throughout the county, or to pay the fees of any teachers who are now, or who may, during that period, be receiving instruction in the subject.

WHAT PHYSICAL CULTURE WILL DO.
Mr. W. Barnes (aged 60).

College Athletics.

The best friends of physical culture see much in the football season which they are compelled to deplore. The training which the football player gets is not itself anything like first-class physical drill. The ideal to which he trains is that of brute strength in a stooping and awkward position. Again, only those on the team, or who are promising substitutes, play at all. The rest of the college boys sit or stand and look on. This limits the physical benefits of the game in two directions. In addition to this, a spirit of rivalry is developed, especially in inter-collegiate games, which tends to become exaggerated and unhealthy. It sometimes shows itself in excitement and boisterousness which approach rowdyism. Again, it may corrupt the honour of those who are involved, causing schools to offer, and men to accept dishonourable terms as the price of playing on one team rather than another. From this it is but a step to gambling. These incidental evils are but lending weight to the objections of those who complain that absorption in athletics, frequent absences from classes, the dissipation of travel, and the excitement of taking part in match games are enough, with the occasional accidents incident to football-playing, to outlaw the game. We do not think so, as our readers already know. Yet, as a friend to college athletics, aware of the very tonic moral and social qualities inherent in an interest of this kind for the student body, we beg leave to utter this word of warning. These abuses must be corrected, or the whole business will fall into disrepute.

* * *

A new physical culture club, under the title of the Hercules Athletic Club, has just been started in Dublin with headquarters at the European Hall, Bolton Street.

An Appeal.

The Rev. J. Basil Rust writes from All Saints' Vicarage, Buxton Street, E., to *The Times*, as follows:—"There has been a good deal of talk, and many letters have been written, on the subject of physical deterioration, but little has been done to stem the tide. I am a poor East London parson; I cannot do much; but with the help of kind friends I am building a gymnasium for our lads. Here boys can work off superfluous spirits; here learn to take a pride in their bodies, and guard them against intemperance of all sorts; here, tired with head work, they can send the blood coursing through their veins; here lads that can be reached in no other way can be got hold of and stopped from that downward course which usually ends with the hooligan. The gymnasium will also be used as a drill-hall by our Church Lads' Brigade. The building is now partly finished and we need £350 more to complete it. So far £700 has been spent; but we have exhausted our kind friends in the parish and have now to appeal outside. I should be very glad to announce that all the money is raised and that our gymnasium can be finished free of debt. Will anyone help me?"

A Prince's Advice to Boys.

Prince Alexander of Teck, in opening the new drill-hall and gymnasium in connection with All Saints, Buxton Street, E., recently, impressed on the boys present the necessity of improving themselves both mentally and physically. The two things went together. Health was one of the greatest blessings, and it was their duty to preserve it. He warned them against cigarette smoking. Boys should at least wait until their bodies were fully developed, and even then they should think twice about it. Speaking as a soldier, he knew how great an advantage it was to officers and privates alike to be physically fit, and had any of them been in the recent South African war they would have seen how much better the men got along if they had fine physiques when they had to go through wet and fatigue, and often got but little food.

"Poverty Corner."

Such is the name given by long usage to the junction of the Waterloo Bridge Road and Stamford Street, S.E., and the site whereon the Royal Waterloo Hospital has stood for close upon a century. This Institution and district has now been immortalised by one of the most celebrated authoresses of the day, and one whose books are widely read throughout the civilised world. By her kindness, two booklets will shortly be produced (after publication in a well-known Journal), entitled:—

"Prince's Meadows and Poverty Corner."
"Bertie's Drive over Waterloo Bridge."

The entire proceeds from the sale will be devoted to the benefit of this most deserving Charity, now being rebuilt and enlarged at Poverty Corner, S.E.

The Teaching of Swimming.

At a recently held meeting of the L.C.C., Mr. Straus moved, and Mr. W. C. Steadman seconded, a resolution to the effect that the Education Committee be asked to consider the desirability of making it obligatory upon all children in the Council's schools to join swimming classes, except in cases where a medical certificate of exemption is produced; and that the Committee should report the means by which such classes as are required to carry out this obligation can be provided.

Physical Culture in Dundee.

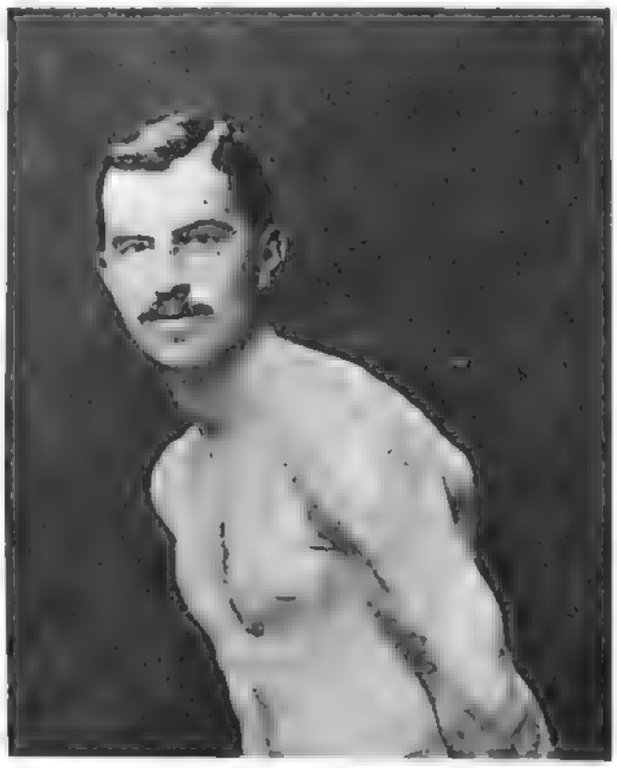
Dundee school teachers are to go in for a course of instruction in physical culture. At a meeting of the committee of the Dundee Board on Physical Training, the members had under consideration the communication from the Department setting forth the model

course of physical exercises. It was agreed to distribute several copies of the book to the teachers in all the schools of the Board. It was thought desirable that every teacher should qualify in the subject, and the Clerk was instructed to ascertain the number who would attend the classes if they were instituted this session. It was suggested and agreed to that a course of lectures on domestic and personal hygiene should also be given, and it was remitted to the convener of the committee to make preliminary arrangements.

* *

"Whoever wishes to learn the business of a surgeon or apothecary, or both in one, should first consider whether he has talents, abilities and learning to enable him to go through the duties of a laborious profession with credit to himself and advantage to his fellow-creatures."—*Tirocinium Medicum* quoted in "*The Laughing Philosopher.*"

[Substitute "physical instructor" for "surgeon or apothecary" and you have a suggestive paragraph good for the intended normal and training school student to ponder upon for a time.]



GOOD ABDOMINALS AND PECTORALS.
Mr. C. Bates (Middleham).

* *

Physical culture, under the guidance of Professor Drayton, M.A., has made considerable progress in Halifax. At his school, held at the Mechanics' Institute, 300 pupils, from its commencement up to the present time, have received instruction.

Hygiene.

Under the auspices of the Institute of Hygiene, a permanent exhibition of hygienic products and appliances has been opened at 34, Devonshire-street, Harley-street. Despite the existence of a large number of associations for the dissemination of knowledge on matters of personal and domestic hygiene, the organisers of the Institute of Hygiene are of opinion that the ground has not been entirely covered. They have been confirmed in that view by the report of the Royal Commission on Physical Degeneration, in which prominence is given to the value of such associations in educating the public.

AMUSEMENTS.

THEATRES.

APOLLO—At 8.15, "Veronique." Mat. every Sat., at 2.

COMEDY—Every Evening, at 9, "His Highness my Husband." At 8.20, "The Japs." Mat. Sat., at 2.30.

CRITERION—Every evening at 9, Miss Marie Tempest in "The Freedom of Suzanne." At 8.30, Mr. Frank Lincoln. Mat. Wed. and Sat., at 3.

DALY'S—Every Evening, at 8.15, new musical play, "The Cingalee." Mat. Sat., at 2.30.

DRURY LANE THEATRE ROYAL—On Boxing Night, "The White Cat." Arthur Collins, Managing Director.

DUKE OF YORK'S—At 8.20, "Merely Mary Ann," by Israel Zangwill. Mat. Thurs. and Sat., at 2.20.

GAIETY—At 8, a new musical play, "The Orchid." Mat. Sat., at 2.

GARRICK—At 8.30, Mr. Arthur Bourchier and Miss Violet Vanbrugh in "The Walls of Jericho." Mat. Wed. and Sat., at 2.30.

HIS MAJESTY'S—Mr. Tree—At 8.20, Shakespeare's comedy, "The Tempest." Mat. Wed. and Sat., at 2.15.

IMPERIAL—Mr. Lewis Waller—At 8.15, "His Majesty's Servant." Mat. Wed. and Sat., at 2.15.

LYRIC—"The Earl and the Girl," every evening, at 8.15. Mat. Wed., at 2.30.

NEW—At 9, "Beauty and the Barge." At 8.20, "That Brute Simmons.' Mat. Wed. and Sat., at 2.20.

PRINCE OF WALES'S—At 8, "Sergeant Brue." Mat. Wed. and Sat., 2.15.

SAVOY—Every Evening, at 9.30, Mrs. Brown-Potter in "Pagliacco." At 8.30, "Cavalleria Rusticana." Mat. Sat., at 2.30.

ST. JAMES'S—Mr. George Alexander—At 9, "Lady Windermere's Fan." At 8.15, "The Decree Nisi." Mat. Wed. and Sat., at 2.15.

VAUDEVILLE—At 8.15, "The Catch of the Season." Mat. Wed., Thurs. and Sat., at 2.15.

WYNDHAM'S—Every Evening, at 9, "A Wife without a Smile." Preceded, at 8.30, by Miss Fanny Wentworth. Mat. Wed. and Sat., at 3.

VARIETY THEATRES.

ALHAMBRA—At 7.45, Grand Varieties. Up-to-date Pictures on the Urban Bioscope. Manager, Mr. George Scott.

EMPIRE—Varieties, the Biograph, &c. Doors, 7.45. Manager, Mr. H. J. Hitchins.

LONDON HIPPODROME—Daily, at 2 and 8 p.m. An entertainment of unexampled brilliance. Managing Director, Mr. H. E. Moss.

OXFORD—Varieties. Always a good Company. Doors, 7.25. Sat. Mat., at 2.30. Manager, Albert Gilmer.

PALACE—At 7.45. The Finest Variety Entertainment in London. Manager, Mr. Alfred Butt.

PAVILION—Varieties. The coolest and best ventilated theatre in the world. Doors, 7.30. Sat. Mat., at 2.15. Frank Glenister, Manager.

TIVOLI—Varieties. A Galaxy of Stars. Doors, 7.30. Sat. Mat., at 2.15.

CONCERTS.

NATIONAL SUNDAY LEAGUE—Every Sunday Evening, at 7, Grand Concerts at Queen's Hall and Alhambra. Secretary, Henry Mills, 34, Red Lion Square, W.C.

ENTERTAINMENTS, &c.

CRYSTAL PALACE—Café Chantant, 3 and 7. Brock's Fireworks, Thursday and Saturday, at 8.30.

EGYPTIAN HALL—Daily at 3 and 8. England's Home of Mystery. Manager, J. N. Maskelyne.

HENGLER'S ROYAL ITALIAN CIRCUS, Oxford Circus, W.—Largest animal circus extant. Daily, 3 and 8.

The Uses of Ski and Snowshoes.

FEW people in this country know more about ski and ski-ing other than that it is practised to some extent in Norway and some other countries where snow prevails to a considerable extent, and it will no doubt come as a surprise to many to know that Great Britain possesses sufficient devotees to form a ski club, but this is a fact. At the annual dinner of the club, held recently, some interesting facts were forthcoming from Captain F. J. Jackson, of the Jackson-Harmsworth Expedition.

Captain Jackson said that he had found the Samoyeds in the neighbourhood of the Ural mountains using ski. This people claimed considerable antiquity for the practice, and declared that they had preceded the Norwegians in ski-ing. He himself had found ski most serviceable. On his last expedition they did not go 100 yards from

A SKI-JUMPER AT THE FINISH OF HIS LEAP.

their hut without putting on ski. One or two men who were not very handy in the use of ski wore Canadian snowshoes at first, but they soon discarded them. If the late Thibetan Expedition had been furnished with ski their difficulties would have been reduced considerably. In a few hours any ordinary man could master ski sufficiently well to be able to get along comfortably on the level. It seemed to him, too, that the troops stationed on the north-west frontier ought to be taught to use ski. If ski-running was not taught to a whole regiment, at any rate a certain number of men might be instructed, so that they could act as scouts. The Samoyeds, he was told, thought nothing of going forty or fifty versts a day, which was a far greater distance than the foot soldier ordinarily marched.

Some other countries have their ski or snow-shoe regiments, and, in view of the foregoing suggestions, it may not be out of place to give a description of such a regiment, which is translated from *La Vue au Grand Air*, by kind permission :—

It is two years since Captain Clerc, of the 159th, commenced his trial of the usefulness of snowshoes in the army. Aided last year by a troop of Norwegians, expert in the sport, he showed how useful the man on snow-shoes could be in the Alpine army, both in time of peace and war. So successful was he that the Minister of War decided to found a school for snow-shoeing at Briançon. The supervision of the school was naturally delegated to the 159th, who had made the first trials, and to whom the exercises were the more easy, inasmuch as they had been practising all the winter.

This year, the school, under the direction of Captain Bernard, of the 159th, gives a peculiar animation and picturesqueness to the villages. The Alpine battalions rival each other in audacity and endurance at this hardy sport, which, taking hold of the civilian population, will, little by little, fortify the race. Already several young men from Briançon and the surrounding villages, among which Mount Genevre must be mentioned, have taken up snow-shoeing. Thanks to snowshoes, they came from their dwellings, often unhealthy and stifling ; they

[*Photo, K. Thirsk, Christiania.*

THE CROWDS AT THE SKI-JUMPING COMPETITIONS AT HOLMENKOLLEN.

(Note the number of sledges.)

breathe pure air, they taste the delights of fast racing, and become more supple and more strong, and above all, they triumph over the mountain ruler here in the winter. The superb marches and raids of the school show them that the mountaineer need no longer be isolated, and that what is an obstacle to those with the alpenstock is but an aid to the man with snowshoes.

It is astonishing how long it has taken to get snowshoes appreciated by our mountaineers, who are far from being fools, but who know no power but that of habit and routine. The timid, those who call themselves prudent, of course, object "But snowshoeing is a very fatiguing sport, and, in the beginning, dangerous. Marcel, who taught the 159th, was carried away by an avalanche." All sports are dangerous and tiring, but their fatigues and dangers, fortify the young and make them bold, and there are advantages which compensate for the inconvenience, and the recompense for the efforts made is the magnificent results, like those the school of snow-shoeing has obtained, for the good of the country.

By the following examples, it is easy for us to show the public, the sceptics, and the indifferent what the school has done.

The men of the 159th, with Captain Clerc, introducer of snowshoes into the army, performed numerous marches in mountains, varying from 40 to 70 miles a day, carrying full baggage.

This year, Captain Bernard, who organised the school, after a fortnight's training, had made his pupils cover from 50 to 60 miles in a day, at an altitude of 2,000 to 2,400 feet.

And, in conclusion, the group of pupils and teachers have succeeded in performing, in a very variable temperature, a march of 48 *miles* in 16 hours of marching, and four of rest. Leaving Briançon at three in the morning, they did not return till eleven at night.

Each year, at the end of the period of instruction, the masters of the school organise a competition for all the teachers and pupil teachers.

NERVOUS EXHAUSTION

The Cause.

Business life is made up of hurry and worry, and shocks and excitements. It urges its victims on remorselessly. No man knows repose; No woman knows perfect peace. The children have too much learning. The result is wreckage. It is the pace that kills. Stop the wastage while there is time. See to it.

TO OBTAIN

COLEMAN'S NERVE PILLS. GRATIS.

SIGN THIS FORM

Name.....

Address.....

.....

Insert Name of Paper and date of issue

....1904.

Fill in the Form and send to
Messrs. Chapman & Co., Ltd., Norwich.

The Remedy.

If you are suffering from Brain-Fatigue, Exhaustion, and nerve's breakdown, you cannot do better than try Coleman's Nerve Pills. They contain a great combination of Ingredients to assist nature to generate energy and nerve force. They will make you eat well, feel well, think well, work well and sleep well.

TRIAL COSTS NOTHING!

After trial Coleman's Nerve Pills can be obtained at most Chemists and at the Stores, in bottles at 1/1½, 2/9, 4/6, 9/-, and 21/- each, or the Proprietors will send post free on receipt of name and address. Large sizes are a great saving.

Our Ladies' Pages.

By Miss FELICIA WILKINS.

HOW important and powerful woman's influence is in the world our late Queen proved very conclusively. Her reign marks an epoch in woman's history, and is typical of the position which woman was, and is, destined to take in the history of nations.

Women are by nature conservative—an excellent quality in itself, though it might be argued that it is this quality that has proved a check to her progress. In a sense this is so, but the check has been beneficial.

As a matter of fact, while nations have to live by force, and while the most powerful factor for success individually and collectively depends upon the belligerent skill and strength of its men, woman's conservative or passive condition of weakness, and by contrast almost slavish submission, is necessary to make a balance for the race. Without this restraining femininity the race would degenerate into a mere bloodthirsty mass of beings, of rather less humanity than the animals of prey.

As the race progresses woman's natural conservative tendency lies at the back of a nation's strength, and in proportion to her influence, so the strength—in its higher and better sense—of that nation. This fact can be proved by the most cursory comparison of the nations of the world. The lower the nation, the lower the status of the women of that nation, compared with that of the men.

England has now reached a point in civilisation when mere physical force is not the most powerful factor, as under present conditions it is not solely essential to individual and national success.

Brains, perseverance, courage, and determination can place a man nowadays at the top of the tree of fame, or enable him to fill successfully almost any position from that of king downwards, yet, physically, that king, and any of those men of power, may be incapable of running a mile, and would probably be killed in a hand-to-hand encounter

with a well-bred Hottentot. Machinery, and the implements of war, have also largely minimised the need of excessive physical force for the success of the community.

It is at this point that woman, by her special quality of conservatism—a quality that will remain with her as long as she exists as a woman—can do for a nation in its civilised and mental state what the men did for it in its uncivilised and physical state.

Woman can maintain the physical efficiency of a race under civilised conditions when the man cannot, as her strength is not wholly dependent upon the physical or muscular conditions so essential to the physical strength of men individually.

It is at this point, then, that the importance of woman's training has at last made itself felt, and we have the Inter-Departmental suggestion that girls should now be trained physically and mentally to fulfil their duties as wife and mother in such manner that the strength of our nation may be maintained.

The radical fault in girls' training is that they are not given scope for sufficient personal initiative and responsibility to fit them for successful life after marriage. Marriage is a tabooed subject at school, and the years between school and marriage are generally filled up in a desultory manner with unimportant matters, which the girl feels can be done or left undone without much gain or loss either to herself or the world.

Directly the girl is married she is supposed —on the principles governing animals, we must presume—to somehow jump to all necessary knowledge by instinct.

But we are reasoning animals, and, as such, instinct is of small value to us; the highest needs of life can only come to us through knowledge and training, and the result is wisdom, upon which rests happiness.

From the mothers very little help will ever be obtained as a means of passing on knowledge to their children.

It is possible to train girls to make good wives and mothers, as this is a common potentiality of all women. These capabilities, however, do not render them necessarily trainers of good wives and mothers, except by example; in this way mothers can prove a strong power, but as teachers it is not a natural but an exceptional faculty.

In the capacity of wife and mother, a woman, even when well trained beforehand, is of necessity for the main part guided by experimental experience—very limited in itself of necessity, and still more hopelessly limited by the natural conceit and satisfaction that bounds the unlimited ignorance of limited experience.

But, as a matter of fact, if she has been well trained beforehand on broad principles, it is sufficient and best for a woman after marriage to study only the limited conditions of her husband and her children.

Natural womanly instincts should deprive her of the wish or interest to study the subject any longer, as a whole, after marriage, and limited and biased experience is of small value to her children, who will probably, in the nature of things, be all placed under different conditions in detail.

As a whole, the subject can best be dealt with by the wide-minded woman of unattached interest, who is in a position to make a comprehensive study of the requirements of this subject, and so be a fit and impartial teacher and trainer of girls, from an impartial conception of the highest duties of women as wife and mother, aided by the combined experience of those exceptional married women who can combine womanly instincts with wide comprehension as well.

By this means only can the ignorance be cured that now exists upon the important duties that lie in women's hands for the strength and well-being of nations.

* * *

Christine Terlunne Herrick, writing on the subject of women in athletics, makes the following most sensible remarks:—

"There is no reason why the athletic girl should be unfeminine. The widening of her mental horizon has not made her a pedant. The broadening of her physical powers need

not convert her into a mannish woman. It would only ingraft into her nature the gifts she lacks; and for the sake of those who fear that the girl who goes in for athletics will make herself unattractive to men, I may add that experience and observation justify me in saying that the woman who can tramp roads or the golf links, scale cliffs, and endure material hardships side by side with a man is far more likely to be sought for by him as a companion than a girl who takes care of her complexion indoors. The woman who by her athletics has learned respect for others, accuracy, self-control, patience, conscientiousness, honour, moderation, and the ability to make the best of what bodily powers she possesses, has acquired more from this method of culture than she is likely to gain from any other one branch of training."

PHYSICAL EDUCATION.

THE importance of the culture of physical development as a factor in the promotion of national welfare is not a new discovery. Individual voices have proclaimed it many a time and oft, but they have not been able to attach many followers to their attempted crusade. Even the highest educational authorities have lent their official countenance to the doctrine, and have promoted the practice of something like systematic physical drill in elementary schools. Yet it must be admitted that the great body of the people remain unconcerned and apathetic. Interest, it is true, abounds in forms of exercise which express themselves in the shapes of games and sports, and which can be organised into a public spectacle. But the perception of the value of physical training as a national interest of the first order is not more lively than is the appreciation of the importance of efficient elementary and secondary education. It is this deadness of public opinion which forms the serious obstacle to progress in each of the two directions just indicated. All the stir, agitation, and bustle leave, it is to be feared, the public conscience untouched. Failure to recognise the significance of all this has been responsible for the collapse of more than one promising plan, and it is to be hoped that the active promoters of the latest scheme will not fall into a similar error. The hope for an improvement in the physical well-being of the nation lies much less in elaborate schemes and eloquent speeches than in the prosecution of sound methods in the schoolroom and the playground, and in the cultivation of a public policy which will secure healthy homes and surroundings for the toiling millions of our great cities. When these ends are attained, healthy forms of exercise will follow as a matter of course.—*Hospital.*

AND EDITORIAL CHAT

ALTHOUGH I have opened these pages for the purpose of coming into closer touch with my friends and readers, you must remember that space is limited, and I *cannot* prescribe courses here.

The attention of my readers is called to an announcement on page vi of advertisements.

All communications relating to Instruction by post should be addressed to me at Basing House, Basinghall Street, E.C., and these will receive prompt attention.

Ordinary replies cannot be answered by post.

M. Dale, Beith.—I much regret your disappointment, but always endeavour to make it a rule to ask for measurements, as without them photographs are no definite criterion. Am pleased to know that, as the result of following my system, your son has passed his medical examination so successfully, and trust that he will be able to induce others to follow his excellent example. I shall be glad to hear from him, giving me some particulars of physical culture in South America.

T. Macdonald, New York.—Am pleased to hear that my system is making such strides "on your side." May it continue to do so. If you can find the time I should be pleased to receive from you or anyone interested in physical culture in the States, particulars as to the progress which is being made in the great movement.

S. C. Walker, Yokohama.—Many thanks for your letter and subscription. You will notice, however, in this month's issue, our altered plans for the coming year, whereby we propose changing the magazine from a 6*d.* Monthly to a 2*d.* Weekly. All particulars as to subscription, etc., will be found elsewhere.

T. W. Smith, Heanor.—I must compliment you upon your excellent resolve, which I trust will bear good fruit. Shall be glad at any time to receive and publish particulars of the results of your efforts. As to the method of formation, surely some friends are in a position to advise you as to the best method of procedure. With regard to requisites, write to my manager, Expert department, 131, Temple Chambers, E.C. He will put you in the way of obtaining all you require on the most advantageous terms.

Cricketer, Oldham.—I do not think you have been consistent enough in your efforts to bring about the improvement you desire. It is very essential, as in all things, that regularity should be strictly observed, and exercising "on and off" is no good whatever. Proper systematic exercise is undoubtedly the finest thing in your case, accompanied with a certain amount of dietary. I can recommend you nothing better for your case than "Plasmon" in its various forms. Substitute Plasmon cocoa for tea, and do not take more than one heavy meal per day. Report progress in a month.

Medicus, Middleham.—Many thanks for your long and interesting letter. Am pleased to say that I have made arrangements with the medical expert on my staff to write an article on that part of the body mentioned, and no doubt the results of his efforts will appear in the course of a few weeks. Thanks exceedingly for your expressions of opinion with regard to my system, which, coming as they do from a member of the medical profession, are doubly reassuring and gratifying. You will find that I have dealt with the second portion of your letter elsewhere. A number of gentlemen in the very first rank are at present under my supervision at my St. James' Street School, and I certainly think that it may come under the category of "sport."

E. C. Whittier, Hampstead.—I should say that your best plan would be to take up a course at one of my schools in the West End, where you will be able to secure all that you require. I know of no other "club" than the one you mention, and of which there is a reference in "Club Notes" this month, in the metropolis.

Stanley F. Jeffcoat, Stretford.—Taking the dates as correct (January, 1903, to April, 1904) you can scarcely be said to have been working systematically for two years. However, during the sixteen months you have made good progress, although taking into consideration your increase in most respects, I do not understand the decrease in normal chest development. Judging from your weight and other particulars, I should say you are a little too fine, and perhaps inclined to dyspepsia. With regard to exercise, reverse the order of things and take twenty minutes in the morning and ten at night. Drop suppers, and have instead a Plasmon biscuit or two. Also take Plasmon in its other forms and go in for a few more abdominal exercises. Am not sure from your letter, but only have one cold bath a day—a rub down at night is sufficient. Report results in a month.

G. S. L., Lucerne.—I believe some such scheme is being formulated, but up to the present no definite statement has been made. Probably during the next few weeks some particulars will be to hand.

PLASMON COCOA

The highly Sustaining and Nutritive Value of this Preparation is testified to by

WORLD-FAMED ATHLETES.

C. B. FRY says:—
"My own experience is that it justifies all that is claimed for it."

EUSTACE MILES says:—
"I can commend it with complete confidence; it has never yet failed me either in my athletic work, in my teaching work, or in my literary work."

EUGEN SANDOW says:—
"Plasmon added to any food increases the nutritive quality; I certainly would never like to be without it."

ALFRED SHRUBB says:—
"I always take Plasmon Cocoa night and morning, and find it a remarkable food for training. I advise all athletes to take Plasmon Cocoa."

PLASMON COCOA **is best Pure Cocoa combined with Plasmon, the nutritive part of fresh milk. One cup of Plasmon Cocoa contains more nourishment than 10 cups of any ordinary cocoa.**

In tins 9d., 1/4, and 2/6 of all Grocers, Chemists, and Stores. Write for sample tin, 5d.

International Plasmon, Ltd., Head Offices: 66a, Farringdon Street, London, E.C. Paris: 12, Rue Le Peletier.

Sandow's Sports Bureau.

With a view to providing a medium whereby readers of his Magazine may obtain the best advice in the selection of various sporting implements, Mr. Sandow has secured the co-operation of experts in various branches of sport, whose opinions will be given free of all cost.

The benefits accruing therefrom to the purchaser are incalculable, for without any charge whatever, he will secure the assistance of one of the best men in every branch of athletics, in the selection of the articles desired.

Be it a bat, football, racquet, cycle, rifle, or anything else that may be required, all that the reader has to do is to write to the

Expert Department,
Sandow's Magazine,
131, Temple Chambers,
E.C.,

stating the nature of the goods wanted. The Expert will at once (by return post if possible) forward a quotation for the best article of its kind. On return of the quotation slip with the amount stated, the goods will be specially selected by the Expert, and forwarded. It will be definitely stated on the quotation sheet whether the price includes carriage or not.

This is not an offer to the general public, but only to readers of SANDOW'S MAGAZINE.

Sandow's Sports Bureau Coupon.

To the Expert Department, Sandow's Magazine,
131, Temple Chambers, E.C.

Please give your advice and particulars as to price, etc., of articles mentioned below.

Name _____

Address _____

Requirements :—

CHIEF SPORTING FIXTURES
FOR DECEMBER.

**** The figures in parentheses in this Index denote the number of days' racing at each Meeting.*

TURF.

1—Leicester (1).
1—Wye (1).
1—Auteuil (1).
2—Kempton Park (2).
4—Auteuil (1).
5—Haydock Part (2).
6—Portsmouth Park (1).
7—Gatwick (2).
8—Auteuil (1).
9—Sandown Park (2).
11—Auteuil (1).
12—Nottingham (2).
15—Newmarket (1).
16—Lingfield (2).
19—Folkestone (1).
20—Windsor (2).
22—Plumpton (2).
26—Leopardstown, (1).
26—Limerick (1).
26—Kempton Park (2).
26—Wolverhampton (2).
29—Keele Park (1).
30—Hurst Park (2).

COURSING.

1—Gravesend and Cliffe Clubs (2).
6—Portarlington (1).
6—Corrie (2).
6—Benacre Club (2).
8—Sussex County Club (Barnham) (1).
12—North of England Club (West Rainton) (1).
13, &c.—Newmarket Champion.
26—Tralee Club (2).
26—Sussex Co. Club (Ford) (2).
27—Brean Club (1).
27—Westmeath Club (2).
28—Gravesend & Cliffe Clubs (1).
28—Plumpton Club (2).

BOXING.

3, 10, 17—Contests at Wonderland, Whitechapel, E.
5, 12, 19—Contests at the National Sporting Club, Covent Garden, W.C.

HOCKEY.

3—Leeds, Lancashire *v.* Yorkshire.
3—In Westmorland, Cheshire *v.* Westmorland.
3—Cambridge, Cambridge University *v.* Lessness Park.
3—Oxford University H.C. *v.* Teddington, at Oxford.
8—Reading, Berks *v.* Oxfordshire.
10—Surbiton, South *v.* West.
10—Bangor, East *v.* West Wales.
10—Oxford University H.C. *v.* Beckenham, at Oxford.
14—At Abbey Wood, Oxford University H.C. *v.* Lessness Park.
15—At Richmond, Oxford University H.C. *v.* Hampstead.
16—Oxford University H.C. *v.* Blackheath, at Blackheath
16—Walton, Cambridge University *v.* Hawks.
17—Blackheath, Cambridge University *v.* Blackheath.
17—In Northumberland, Cheshire *v.* Northumberland.
19—Surbiton, Cambridge University *v.* Surbiton.
20—Wimbledon, Cambridge University *v.* Wimbledon.
20—Oxford University H.C. *v.* East Sheen, at East Sheen, Mortlake.
21—Oxford University H.C. *v.* Surbiton, at Surbiton.
21—Mortlake, Cambridge University *v.* East Sheen.
26—Kersal, Lancashire *v.* Cheshire.
28—Basingstoke, Hampshire *v.* Berks.

BILLIARDS.

1, &c.—London Charity Handicap, in eight sections, continued.
1, &c.—Amateur Championship of Worcestershire, Unicorn Hotel, Worcester.
5-10—Billiard Association Professional American Tournament and Pyramid Championship, £150 in prizes. Eight Players. Grand Hall, Leicester Square, W.C.
5-10—£1,000 Tournament—C. Dawson (scratch) *v.* F. Bateman (rec. 2,500), The Soho Salon, Soho Square, W.C.
5—F. Lawrence, opponent not yet settled, Lincoln.
6—F. Lawrence, opponent not yet settled, Gainsborough.
6—C. Harverson *v.* Alec Taylor, Milkwood Hotel, Horne Hill, S.E.
6—M. Inman *v.* W. J. Peall, Finsbury Park Hotel Finsbury Park, N.
7—G. A. Davies *v.* Amateurs, Conservative Club, Girlington.
7—C. Harverson *v.* Alec Taylor, George Hotel, Wanstead.
7-9—F. Lawrence *v.* local Markers, Sheffield.
8—M. Inman *v.* Alec Taylor, Liberal Club, Wood Green.
12-14—F. Lawrence, opponents not yet settled, Barley Mow Hotel, Derby.
12-17—£1,000 Tournament—H. W. Stevenson (scratch) *v.* W. Cook (rec. 2,500), The Soho Salon, Soho Square, W.C.
12-19—C. Dawson *v.* W. Mitchell, Grand Hall, Leicester Square, W.C.
15-21—F. Lawrence, opponent not yet settled, Bishop Auckland.
15, &c.—Amateur Championship of Wellington, Messrs. Alcock and Co.'s Billiard Hall, Wellington, New Zealand.
19-24—£1,000 Tournament—M. Inman (rec. 2,750) *v.* T. Reece (rec. 2,750), The Soho Salon, Soho Square, W.C.
19-24—H. W. Stevenson *v.* C. Harverson, Grand Hall, Leicester Square, W.C.
26-31—£1,000 Tournament—C. Dawson (scratch) *v.* C. Harverson (rec. 2,250), The Soho Salon, Soho Square, W.C.
26-31—H. W. Stevenson *v.* F. Bateman, Grand Hall, Leicester Square, W.C.

ATHLETICS AND CROSS COUNTRY.

1—New College *v.* Assyrians, at Oxford.
1—St. Catherine's College Sports, Cambridge.
2—Brasenose College Sports, at Oxford.
3—S.L.H., Seven-mile Road Walk and Ordinary Run, and Novices' Mile Run-in.
3—Northampton Institute, Six-mile Walking Handicap, at East Finchley.
3—Finchley H., Three-mile Road Handicap.
3, 10, 17, 24, and 31—Cambridge H., General Run.
6—Hertford College Sports, at Oxford.
7—Merton College Sports, at Oxford.
8—Pembroke College Sports, at Oxford.
10—L.A.C. Dinner.
10—S.L.H., "Croydon Cup" Five-mile Steeplechase.
10—Finchley H., Run to Ship, Eastcote.
10—Kent A.C., Four-mile Team Race Handicap—Married *v.* Single.
17—G.W.R. H., Five-mile Steeplechase.
17—S.L.H., Paper-chase.
26—S.L.H., Boxing Day Walk; Croydon to Godstone and back.
31—Northampton Institute, Five-mile and a half Handicap, at East Finchley, at 3.45.

GOLF.

3—Royal Liverpool: St. Andrews Meeting: Milligom and St. Andrews Gold Cross, Monthly Medal, and Optional Subscription Prize.
3—Chester: St. Andrews Meeting.
10—Tooting Bec: Gold Medal under Handicap.
24, &c.—Hythe: Christmas Meeting.
24, &c.—Littlestone: Christmas Meeting.
24-26—Rye: Christmas Meeting.
24-26—Willingdon: Christmas Meeting.
26—West Derby: Boxing Day Jumble Competition.
26—Bushey Hall: Christmas Bogey (6*d.* each card).
26—Ormskirk: Christmas Meeting.
26—Lewes: Christmas Meeting.
26—Royal Norwich: Christmas Meeting.
26—Ipswich: Ransome Cup.
26—Lytham and St. Annes: Boxing Day Competition.
26—Warlingham: Christmas Meeting.
28-29—Royal Eastbourne: Winter Meeting.

FOOTBALL.

RUGBY.

1—At Richmond, Surrey *v.* Midland Counties.
3—At Neath, Welsh International Trial Match.
3—At Glasgow, Edinburgh *v.* Glasgow.
3—At Bristol, Gloucestershire *v.* Somerset.
3—In Lancashire, Lancashire *v.* Cumberland.
3—At Oxford, Oxford University *v.* Blackheath
3—At Richmond, Old Merchant Taylors *v.* Cambridge University.
10—At Blackheath, Blackheath *v.* Cardiff.
10—At Bristol, Devon *v.* Gloucestershire.
13—At Queen's Club, Oxford *v.* Cambridge.
15—At Bedford, East Midlands *v.* Surrey.
15—At Ilford, Eastern Counties *v.* Middlesex.
15—At Edinburgh, Edinburgh Wanderers *v.* Oxford University.
15—At Liverpool, Liverpool *v.* Cambridge University.
17—At Devonport, North *v.* South.
17—At Dublin, Monkstown *v.* Cambridge University.
17—At Edinburgh, Edinburgh University *v.* Oxford University.
19—At Edinburgh, Edinburgh Academicals *v.* Oxford University.
19—At Dublin, Dublin University *v.* Cambridge University.
21—At Belfast, North of Ireland *v.* Cambridge University.
21—At Leeds, Northern Universities *v.* Oxford University.
24—At Melrose, Scots *v.* Anglo-Scots.

ASSOCIATION.

3—At Leyton, Old Malvernians *v.* Cambridge University.
5—At Portsmouth, Portsmouth *v.* Oxford University.
7—At Queen's Club, Middlesex *v.* The Army.
10—At Leyton, Corinthians *v.* Liverpool
15—At Leyton, Corinthians *v.* Tottenham Hotspur.
17—At Leyton, Corinthians *v.* The Army.
27—At Aston, Corinthians *v.* Aston Villa.
28—At Stoke, Corinthians *v.* Stoke.
29—At Sheffield, Corinthians *v.* Sheffield United.
30—At Scarborough, Corinthians *v.* Scarborough.

For Holiday and League Fixtures, *see* Sporting Papers.

Supplement to SANDOW'S MAGAZINE, December, 1904.

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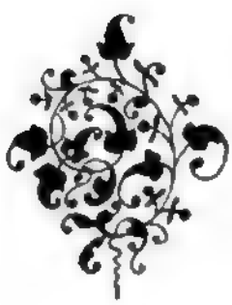

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